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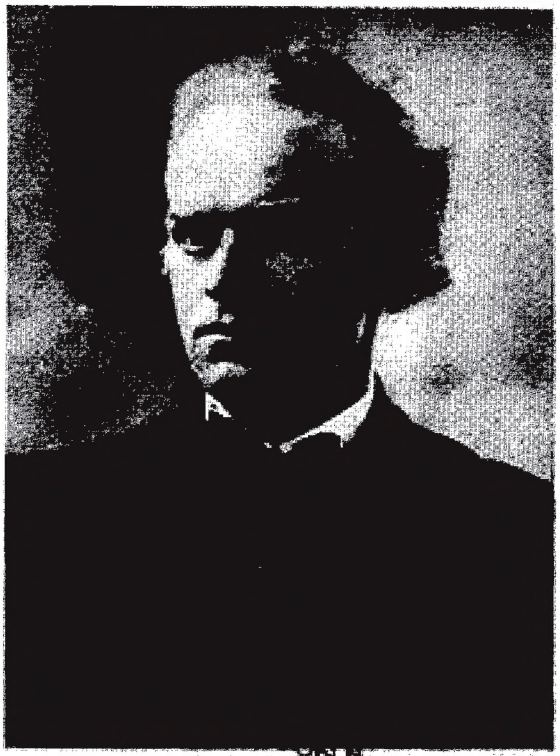


Phot. Erich Menzel Dresden

The birth pangs of the new age in the boggy age of Pisces have become more and more noticeable in the last decade. Everywhere, the Pisces age spirit struggles with the new, always turning toward the elementary, Aryan, healthy spirit of the Age of Aquarius. So I say as did Giordano Bruno: "Seek Jupiter (Allfather), so that the Germans become conscious of their powers and reserve all their zeal only for the great things of this people. Keep the German soil rich in divine spirits. And thou, dear German soil, to the eyes of the land, thou torch of the world, prepare ever more happy days, months, years and centuries for the fatherland of so many heroes."

The Almighty Father, Allfather, father of the gods, who serves everything that directs my fate as yours, may these my wishes hear and answer!

Many ancient traditions tell of the rebirth of the Aryan wisdom of Armanism on earth in the Age of Aquarius from early times to the present day. The Aquarius spirit will bring a torrent of storms over us, and the lower and mixed races will experience it with dread, fear and terror, but we Germans will meet it with joy and heroic enthusiasm. We will grow into a giant power and determine and direct the future of the folk. Then the Aryo-Germanic wisdom will be great again, and we will pray and live in the high spiritual and intellectual world of our heroic ancestors.

Today, we already have a large number of Aryans, who as leaders and warriors anticipate, see and feel the coming time, and fight with all their might for this time. There are also organizations which are committed to the Aryo-Germanic wisdom, and a large number of Germans who create in silence. For all those who serve our race and the truth, I ask from my heart for the Allfather's blessing.

Even the great seer Michel Nostradamus foresaw the great Aryan Aquarius period, as the following four-line verses show:

> In Germany, different groups will emerge,
> those who approach the joyous paganism,
> at this time, the state becomes defeated,
> the tax burden is raised to the tenth.
>
> A new religious movement will shine,
> gold, honor, riches and death will be despised.
> It will go beyond the German mountains,
> it will find support, pressure and followers widely.

The present work is written only for my Germanic blood brothers and sisters so that they can recognize the right way to the fortress of the Grail, to Allfather. I do not offer any direct teachings: everyone who is concerned with rune exercises and dancing must individually seek higher development in order to penetrate more deeply into the mysteries of the runes. Many a mystery is revealed to him when he vibrates and dances in the

radio-waves of the universe. If someone abuses these teachings and practices, he damages himself: demonism, black magic and madness are the result. On the other hand, in the case of an ideal higher development of great blessings, white magic, clairvoyant visions, light-heartedness and the highest mediumistic ability are gained.

Mysteries should not be kept secret in modern times, for high truths are only to be understood by the noble and capable; to the undeveloped and the inept, or even the animal-men, they remain self-concealed, but a higher degree of clarity is necessary for our race.

It serves no purpose for us Germans to put too much value on Indian and Greek mysteries and foreign esoteric lore, for all the high mysteries and sciences have their origin in Aryan wisdom. This also applies to Greek and Latin and all other languages. All the writings of the world are also derived from our millennial old runes. Therefore, dear reader, drink from the spring. The rune exercises are easily carried out by every person, even those who are struggling professionally, mentally or physically.

To the practicing blood brothers and sisters:

Hail the Runes and Success!

Dresden-A, Eibenstocker Str.

Siegfried Adolf Kummer

The Oldest Rune Poem from the Germanic Bible, the Edda

According to Gorsleben.

"It's time to speak from the speaker's stool!"
At the holy Well of Urda, the Norn,
I sat silently, I saw and thought.
There I heard the speech of the High One
Of runes he spoke, of the council of the gods,
Of the carving of the runes, of the whisper of the run
In the Hall of the High!
In the Hall of the High
I heard it said:

I know how I hanged on the wind-cold tree
Nine icy nights,
Wounded by the spear, consecrated to Wuotan:
I myself consecrated to myself
On the mighty tree, which is hidden from man,
Where he grew from its roots.

They offered me neither bread nor wine,
Then I bowed down to search,
I recognized the runes, took them up screaming,
Until I sank down from the Tree.

Then I began to worth and to be wise,
To grow and to feel well.
In words, word developed around word
And work from works to works:
Now I know the words that no princely woman knows,
And none of the children of men.

And if these words are, O son of man,
For a long time beyond learning:
Get them as you experience them!
Use them as you take them!
Hail you who keep them!

ᚠ

The first will greatly help
In sorrow, sickness and pain:
In eternal change man wanders forth
From passing away to new arising.

ᚢ

Another one I know, which is needful to all,
Who would live as healing physicians:
Know yourself, then you know the world,
Learn to separate evil from the roots.

ᚦ

A third I grasp, when danger threatens me,
The enemies to charm with magic:
So I blunt the steel of the opposing enemy,
Like a staff, the sword no longer cuts.

ᚨ

I know this as the fourth, if the enemy puts on me
The fetters, on my feet and hands:
The bond falls from my leg when I sing the song,
Down falls the bond from the hands.

ᚱ

That I know as a fifth, if comes the enemy's shot,
A spear flung into the crowd;
As bright as it can clash, I can stop its strength,
When fast I fix my eye on it.

ᚴ

A sixth is mine, if a man hurts me
With the root of a wild tree;
It does not then hurt me, but the man himself is hurt
By the doom with which he threatened me.

ᚼ

I learned a seventh, if the hall burns
With fire around bench and comrades;
As broad as it burns, I banish the blaze,
As soon as I sing the spell.

ᚾ

An eighth is my own, for all the folk
Is useful in distress;
Where hatred between man and man rises,
I can quickly settle it.

ᛁ

This I sing for the ninth, when distress urged me,
To protect my ship from the floods;
I still the storm, no matter how steep the sea,
And cradle the waves in slumber.

ᛅ

A tenth I find, when magical women
Pass in flight through the air;
I make it clear, that they leave confused,
From their violence and destructive striving.

ᛋ

This I know as an eleventh, if into the fight
I must lead the friend that I love;
I sing it in the shield that he wins in the battle
And has wholeness all around him.

ᛏ

A twelfth I sing when I see in the boughs
The hanged one swinging from the hemp;
From the trunk he rises, and must give me council,
If rightly I rist the runes.

ᛒ

A thirteenth I say, if I sprinkle the son,
The young one, with holy water;
If he stands before the enemy, he cannot fall,
No sword will strike him into the dust.

ᛚ

A fourteenth I sing to the assembled folk
While naming the divine names,
The Æsir and Elves of different kinds
No-one in ignorance knows or can say.

ᛉ

A fifteenth I know, that Volkrast the dwarf,
Sings early before the gates of the day,
To strengthen the Æsir, to give power to the Elves,
But to me, the Allfather, to make wise.

A sixteenth I speak to the unwilling maid,
Her lust and desire to wake;
I turn the heart to the blessed woman,
To me her wishes turn.

I know a seventeenth, by a wise law
Two lives in love to join;
And every one is willing: no virgin woman
Will then easily leave me.

An eighteenth I learned, but I would never let
A woman or maid know it,
As everyone always knows what is best for himself–
Which leads me to the end of the songs–
The one it must be, who lies in my arms
As a married woman and as a sister.
Now I have sung the high song
Here in the Hall of the High One,
Useful to the Aryans, but not to the Ettins!
Hail him who learns it,
Hail him who teaches it.
So take advantage and make use of
The holiness which ye have heard!

Introduction

The rune exercises and rune dances should above all strengthen the sense of race and racial feeling, and the practitioner should develop into a true, Germanic, robust personality, which will raise his self-confidence, will, sensibility, and remembrance, foster in him a goal-oriented mental life, and create in him a healthy soul, mind and body.

The rune exercises lead the student to high, white-magical, occult abilities. What the Indian achieves through Yoga training, the German acquires by rune exercises. Of course, it is impossible to achieve anything with a few technical exercises, but rather the whole inner and outer personality must become more highly developed, which is the case with all high mysteries. Further, this work is written more for those who are already somewhat familiar with the higher spiritual sciences.

The rune exercises are intended to awaken the inner man in the practitioner, then, through ever-increasing development, also to refine his outer body and to make his life circumstances more favorable. He will strengthen himself in Germanic knowledge and faith and thereby be invulnerable and invincible.

Practitioners who carry the burden of the sins of their fathers in their blood will also achieve the goal if they have an ideal, Aryan attitude, but they must have more patience.

If we love the truth and always think kindly, justly and lovingly, our actions will be corresponding. One also has to learn to understand one's fellow human beings because much understanding means much forgiving. The student must always strive to come into harmony with the high, cosmic All-waves and to vibrate with them; to consciously make use of these waves and forces means to follow the path to the sun-soul Arahari to the Allfather.

There was a time when every German mastered the rune exercises and dances and was introduced into the Runic Mysteries by high Aryan priests. Each one had to prove in front of the elect that he had mastered the little mysteries. If this was the case, the German became initiated stage by stage also into the great mysteries, in which they in turn had to pass several courses, in the final analysis as true, high initiates (nobles), leaders to cooperate in the higher development of humanity.

But when Karl, the great Saxon butcher, opened up the pure German land to the mixed-race Roman church, a cowardly, insidious slaughter and murder of all high, Aryan initiates began, and the old holy mystery practices, all runic knowledge, was forbidden on penalty of death. So the rune

exercises and dances disappeared. In the coming centuries, the mysteries were no longer cultivated. If they were made aware by their numerous spies of some pure German men or German women who remained faithful to their high knowledge of God, they were dragged to the stake and burned as sorcerers or heroes.

Today, the power of Rome is broken and very close to full collapse.

However, the old memories are now becoming ever more conscious in us Germans again in the present day, and our pure blood sings the noble names of our ancestral heroes.

That is why it is time to revive and nurture the ancient mystery practices of our high fathers. So I have decided to do my part by encouraging my dear blood brothers and sisters in my present work to seek and search, so that we may soon regain the full possession of these ancient, valuable exercises and dances. May our ancestors help us achieve this.

When runes whisper, shine, sound,
runes will bring advice to us.

Above all, the practitioner must be calm, patient and have perseverance; he also has to be able to keep silent, because the first little successes are easily lost if he shares them with others. Later he will recognize the primary rule of silence when entering into great mysteries.

The student will learn to master his body completely, so that his mind and soul can become free and unfold unhindered. As for my clairvoyance, medial painting, etc., this always occurred after rune practices. It is very favorable if the practitioner makes use of astrology and good cosmic influences in his exercises. He also places special value in the described thought training for use in the rune positions.

Dear reader, recognize your spirit-self, awake!

Our German people are the people of the gods. Remember: God-good-the Goths. Also the name of Germany comes from a god, think of the Germanic god Teut, Deus, Deutchland.

The world expects us to lead it from the current satanic-demonic chaos to heroic idealism; it sees us as the emergent, high, ideal priestly people who will in the future rebuild the kingdom of the Germanic "God-idea," of wisdom and justice.

We Deus-children succeed through everlasting rebirth, high development and conscious procreation of the pure racial body again, and thus also the high knowledge of our ancestors.

The Age of Aquarius demands of us Germans the new Armanen spirit. The key to this lies in our racial blood, for all the great leaders of the true, only, great God, the Allfather, were Aryan initiates.

Thor, Wotan, Krishna, Christ, and many others came from Aryan blood.

In the coming time of the Aquarian age, the great spirits want to come back to us; therefore, Germans, prepare the soil, blood sisters and brothers, by nurturing the pure conscious race generation so that these great ones can also get pure bodies and maintain the high, divine love; believe like your heroic fathers in an inner self which exists eternally and speaks through several rebirths, and then enter into the great, holy kingdom of the Allfather as perfect God-Men. Go consciously the way of your great ancestor Christ Arahari! Do not let the dogmatic faith of foreign-blood churches agonizingly bind you to the grave after death.

I have often received messages from brethren from the other kingdom who speak of a legitimate rebirth. Listen inside yourself; your inner self will give you the answer. Believe in a rebirth of your spirit so you will be able to accelerate your higher development and heroically, immortally fight the struggle of our race against the animal humanity.

Your ancestors dwell in you. Your purely, consciously begotten children and your children's children follow you and bring our race victory over the lower races and beast-men. The time of the divine paradise on earth comes again; you have then created with them and you will experience it with them as a noble man. If you do not believe in rebirth, you sin against your ancestors, against your race.

Give thanks to our Aryan-Indian brothers, who through their faith facilitate the return.

Dear reader! If with crystal-clear understanding and complete confidence you follow without deviation the exercises that follow, you will attain the lofty goal of accumulating and feeling the high cosmic force currents in the rune positions and will learn to deeply understand the high Aryan mystery language of our fathers.

The Holy Hour

The linden rustles, clouds pull,
Runes murmur and whisper
The knowledge of my divine Father.
The voice of the blood, the ancestors
I feel overflowing,
And pouring into the bright, divine vessel of my soul.
I am floating in the breath of Allfather.
I feel the light flashing in the deep sea of the world-chaos,
And I am laden with stars,
Immeasurable worlds.
The ice is gone, the shame of suffering,
Shining runes whisper, sing in me.
I bathe in the final secret knowledge.
Deep within me the All changes, the world space.
I am not a shadow, not a dream,
I am really living life.
O Ur-ancestors and fathers,
I also thank you for this most pure hour,
For this gift to me from Allfather, the Lord!

Rune Exercises

In our subconscious lies the inheritance of the great experience of God and of nature, the high cosmic connectedness of our ancestors. Through rune exercises and rune dancing, the student will get to the point where this inheritance breaks through again and awakens his Aryan-Germanic soul. Runic knowledge, exercises and dances are the God-Wotan-inheritance that sings and sounds in our blood, penetrates into the depths of the soul of each practitioner, and which allows us to experience all-connectedness, true Grail experiences and to gain the deepest knowledge of God.

For our high Aryan ancestors, rune exercises and dances belonged to the highest mysteries, which were absolutely necessary in order to bring the spirit and the soul of the Germanic person to the highest development and to elevate him to the state of the God-Man. Rune positions and dances were the main form of education of the ancient Aryan-Germanic rune schools for priests and led to the development of the highest seers and prophets.

Dear brother, dear sister in blood, the need of the hour calls you to this work. Always strive to educate yourself in the love of the Allather, in nobility, beauty and goodness. You can do this because the core of these things lies in your blood. As such, you will leave behind children and grandchildren who will be able to satisfy the requirements of our future Aryan culture and bring the victory of Aries to our race over the beastly humanity.

We begin now with the exercises.

1. Rune Position: The Is-I-Rune ᛁ

With the body taut, face to the north,
Your spirit gives you the commanding words.
The icy calm, according to UR-Father kind,
So many secrets are kept within.

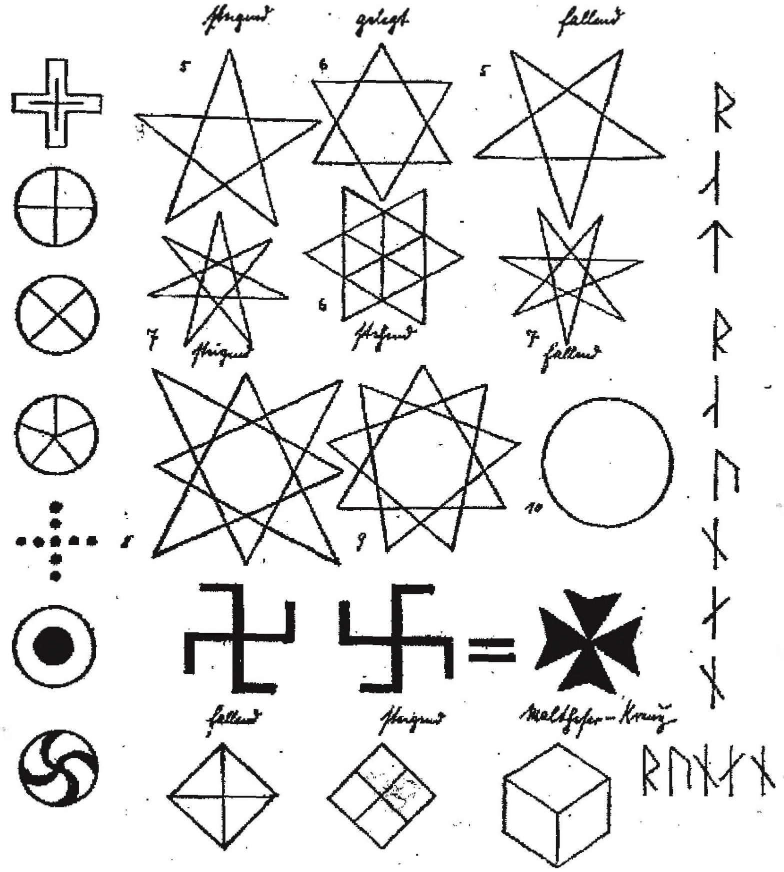
Above all, the student must learn to fully master his body, so he does the following exercise every morning after washing:

He stands in the middle of the room in a firm posture, the heels together (basic military position), in the I-rune position facing north. His body is now ready for commands, so he says loudly and energetically: "I am your supervisor, you have to obey me fully and completely. All muscle twitches are eliminated starting today. You have to submit to me. Now I want you to stand in front of your superior, your *Ich*." Now the student tries to envision the image of a high God-Man of our race. He immerses himself in this picture so much that he completely forgets his body. He must wish to see the mental image ever more clearly, more vividly and more tangibly.

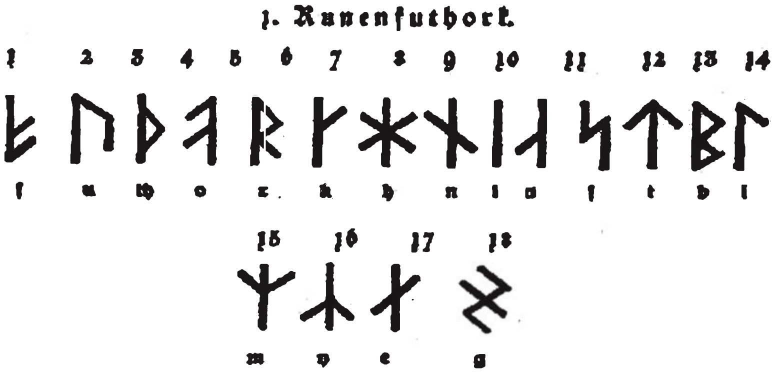
This exercise should take 10 to 20 minutes.

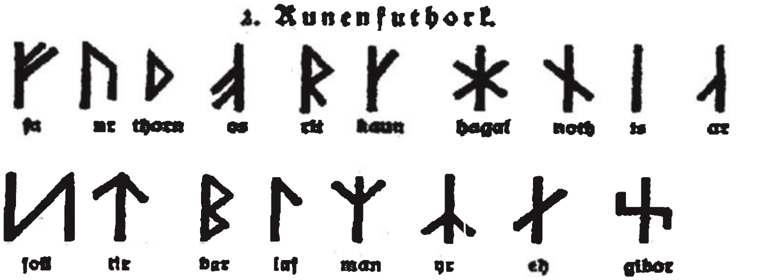
Above all, the student must gain peace, patience and perseverance, which is absolutely necessary in order to penetrate the rune mysteries.

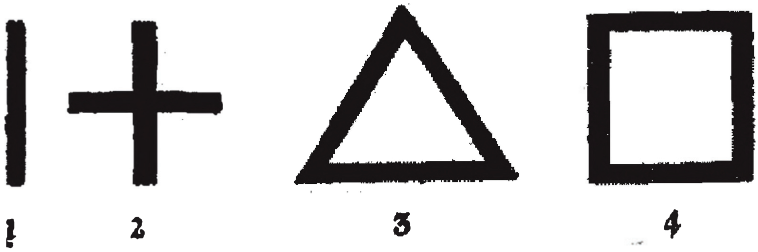
The student makes 12 pieces of equal-sized, flat, small pieces of wood and 12 half size pieces. We will call them the Rune Staves. With these Rune Staves, he tries to make the shapes of the five-, six- and seven-pointed stars, the Swastika, the Hag-All rune, etc., without a template. Thereafter, he turns off all thoughts, stays physically relaxed, completely in peace and allows the runic symbol to affect him. If he then listens to the vibrations of his inner voice, his subconscious will give him an answer. Therefore he will, if he so wishes, receive very good inspirations. Initial failures prove that the practitioner is not yet able to eliminate his thoughts completely. However, he should not become discouraged; calmness, patience and perseverance will lead him to his goal. The purpose of this exercise is to awaken ancient memories in him.


gelegt
fallend
fallend
fallend
Malteser-Kreuz

Furthermore, the student firmly internalizes the following rune alphabets:



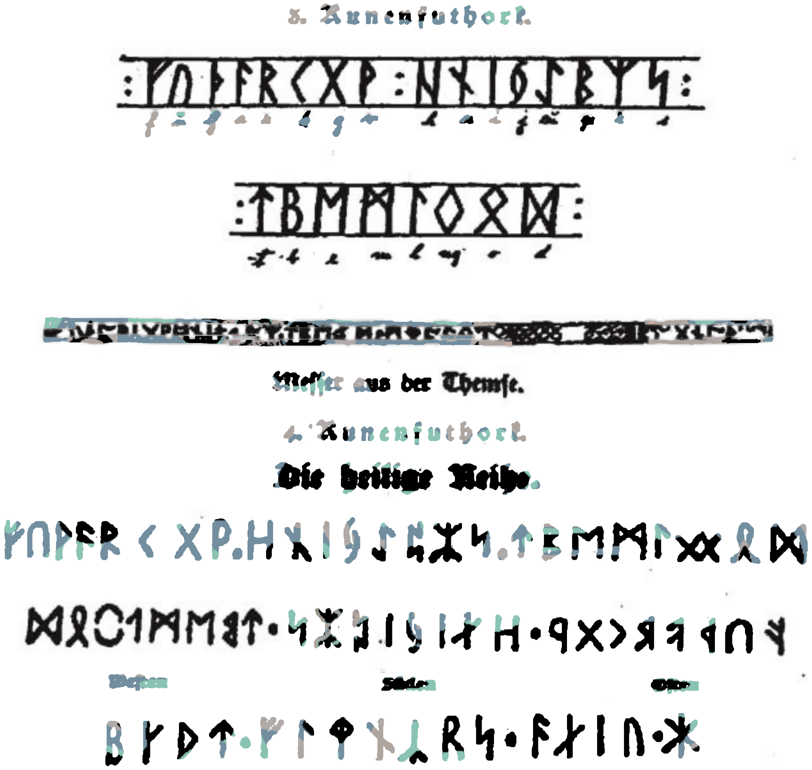




It is good if the student also forms these runes with the staves and allows them to work in the same way as previously explained. As a challenge, I recommend that he write down his thoughts in the specified

runic script. These exercises can be performed at any time of the day and should take half to three quarters of an hour. An older series of runes, conveyed to us in a short sword from the Thames, as well as in various manuscripts, consists of twenty-four signs. Since they do not agree with other "alphabets," one can appreciate them by their peculiar order as being of a very old age.

These runes have the following form:



According to Professor Hermann Wirth. The long rune series as the original sequence of the monthly signs of the solar year on the North Atlantic horizon. Above: the "long rune series," written right-justified; below: the older left-handed writing, indicating the three "genders" or "cardinal points."

The third series is from a manuscript allegedly written in the 10th century, in which the runes are grouped in a very specific sequence: 1. plosives, 2. liquid sounds, nasal sounds, sibilants, 3. vowels, while the Hagal-rune ✱ is the Son of God and Tree of Life Rune, in itself as a summary forms the conclusion.

5. Rune Futhork

King Waldemar's runes, which only appeared in the early 13th century:

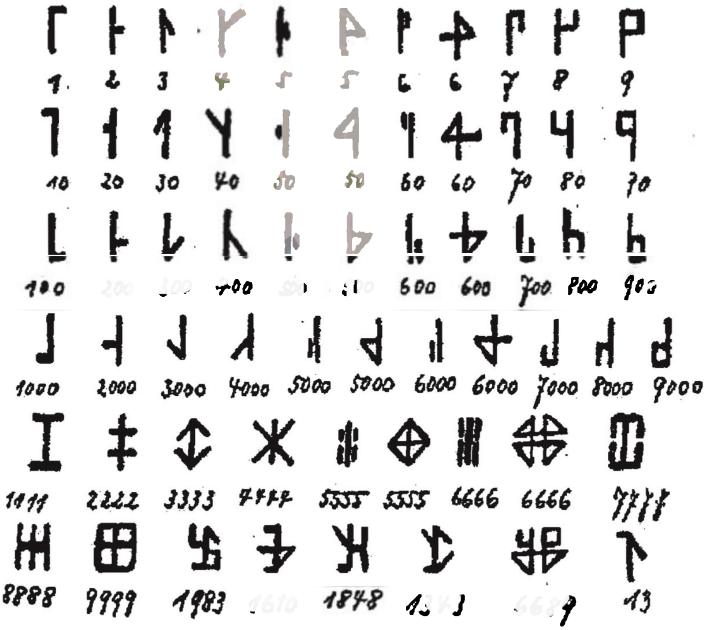
The content of this rune series was in former times summarized in the following sentence, which was often used as an enchanting formula.

Sprengd mans hök, flydi tuwi boll, d. I: "The man whose chin was smashed fled the ball game." This sentence must have come from King Waldemar Sejers of Denmark himself.[2]

Some Ancient Magical Bind-Runes

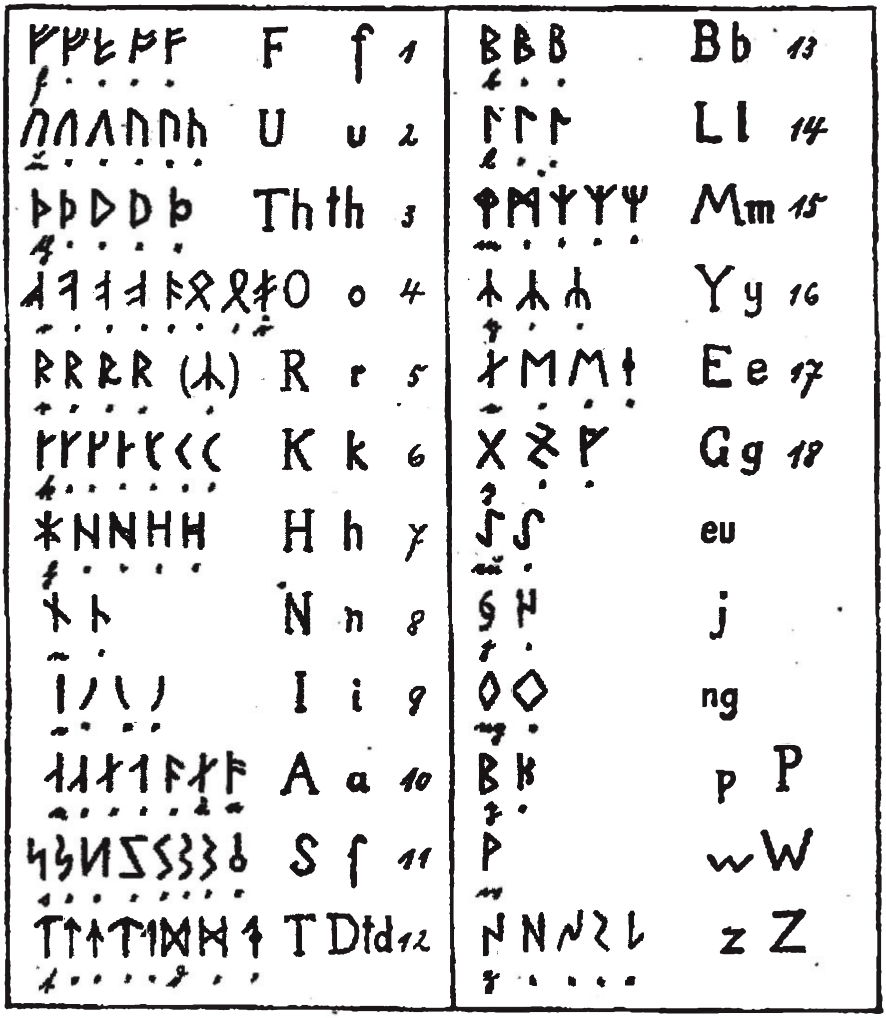
The formation of the Ur-numbers from the holy cross, "*Radkreuz*" [Wheel Cross] of the Aryo-Germanics.

2 Isa Princess of Schönaich-Carolath wrote more extensively about this in her work *Runendenkmäler*.


1 2 3 4 5 5 6 6 7 8 9
10 20 30 40 50 50 60 60 70 80 90
1000 2000 3000 4000 5000 5000 6000 6000 7000 8000 9000
1111 2222 3333 4444 5555 5555 6666 6666 7777

Other ancient Germanic runic numbers have the following form:

Various Rune Forms



If we find great differences in order and phonetic value in modern European alphabets, it is not surprising that we find such deviations in the old rune Futharks, where the wide distribution and the different ages play a major role in the rune row. Nevertheless, all rune rows come from only one original script, which makes our deciphering much easier today. Only some magical, concealed rune formulas cannot be deciphered today, but the key to these will also be found. The Aryo-Germanics knew precisely the might and power of the runes in ancient times, so they did not use them for everyday communications. Rune finds that point to such come from the later period of

degradation, as the runes were debased to the letter, as thousands of inscriptions on grave stones in the north show. Our Ur-fathers knew that several runes, unknowingly strung together in a word or sentence changed their inherent magical power, their spirit, often even into the demonic. Therefore, the runes were taught only to the initiate and not to the general public.

Know you how to rist? Know you how to counsel?
Know you how to color, know you how to ask?
Know you how to bid and know how you how to make an offering?
Know you how to slaughter and know you how to divide?

Better not risted than too much risted,
Better not counseled than too much counseled,
Better not colored than too much colored,
Better not asked than too much asked,
Better not bid than too much bid,
Better not offered than too much offered,
Better not slaughtered than too much slaughtered,
Better not divided than too much divided,
because a gift always looks for gain.
(From the Edda, parts of the sacrifice).

The practitioner should avoid meat and alcohol consumption and stop smoking one hour before and after the exercises; but it would be more advantageous if he abstains entirely. His body has to obey him completely.

The student makes sure that his stomach, abdomen and intestines are in order. Special value must be placed on regular bowel movements.

Full and deep breathing through the nose is a primary requirement for all rune exercises, and every student has to make it to the point that he practices only full and deep breathing: this must become his daily practice. The initiate of occultism will already be familiar with breathing techniques. The beginner must understand that proper breathing is crucial for lasting health, not only for prolonging one's life, but also for significantly strengthening resilience and life-force.

Desire contains radioactive energy, which the pupil consciously exudes when breathing.
If you are nervous, you are wasting this power. But those who consciously breathe store it up in their bodies. In superficial breathing we withdraw the desire of the normal supply of radioactive energy.

All the high inspirations, the white-magical abilities and the medial powers of our Aryan ancestors are based to a large extent on the use of radioactive energy through conscious breathing.

Exercise:

The student stands in front of an open window, taking up the previously mentioned I-rune position, pushes out the chest and slightly raises the head. Now, with his mouth closed, he breathes deeply through his nose, internally counting to 7, then he breathes out slowly through his nose for the duration of a count to 7.

The student does this exercise three times.

Then he breathes rhythmically through the nose for seven seconds, filling all parts of the lung to the utmost, and rhythmically exhales for seven seconds. Then repeat the first exercise three more times.

When inhaling, the student visualizes that he absorbs very strong energy, and while exhaling he focuses on expelling all the spent and bad substances of the body. Through these breathing exercises, which are carried out daily in the morning and evening, a strong sense of calm and harmony is achieved. If the student is in an agitated or serious exchange with someone, he performs one of the exercises given above, which immediately gives him peace and he radiates this to the other person.

Also, the student should not forget that in the I-rune position he consciously projects himself as a living antenna into a sea of currents (waves) that give him spiritual power. Therefore, besides the exercises, he must also develop a straight posture, because a crooked and sunken posture is un-Aryan; nervousness and unnecessary hand movements also hinder the inflowing of the All-forces.

Also, the student should now learn to think sharply. He reads a page each day from the Edda, our Germanic Bible, and then thinks intensely about what has been read. There he will find some beautiful pearls and discover new things which he had missed during a hasty reading.

Every day, the student sits down at an open window, or in cold times of the year at a closed window in a well-ventilated room. He completely relaxes his body, does the breathing exercise already mentioned, directs his eyes into the distance with a calm view, if possible to the north or east, and he does not let himself be distracted by things or objects that are within his sight. He should turn off all thoughts and remain for a quarter of an hour in the most complete tranquility.

The practitioner spends his evening hours reading Aryan works. Before going to bed, the student practices the previously mentioned breathing exercise and then, while still in the I-rune posture he says:

"*My Ich is awakened. I am a child of my race, I serve it with my higher development through which I acquire magical abilities. I am walking the path toward you, Allfather, consciously, and that is why I always have your protection and your blessing. I love my brothers and sisters and I am kind to the people. I will defeat all weaknesses in me as I ever create for*

myself a better, healthier body. I want to become wise and noble like my ancestors. I fight openly with all my strength all the bad, the low and the evil, which hinders my spiritual development. I live in harmony and send out only noble, good thoughts. So I come, through you, Allfather, to the luminous goal!"

Now the student goes to bed and sends out good thoughts and wishes. He will wake up healthy, happy and well-balanced.

After washing, he performs his morning exercises and then goes to work.

The exercises given so far are to be practiced for 7 days, but their practice can also be extended to 14 days.

Before I move on to the next rune position, I want to say something about personal magnetism.

Personal Magnetism

Everything in nature is permeated with magnetism, every living being possesses it, but man is especially blessed with this power. Through thoughts of good will and the power of desire, man can greatly develop the strength of his magnetism. The Aryan-magnetic person is always sympathetic and engaging because health, strength and an iron will radiate from him. He is not in need of being confidential because he can keep silent and keeps his experiences to himself, and nothing can disturb him. He is never found agitated or even nervous, but the calmness and superiority radiating from him makes him the center and leader of his circle. And people want to trust him and feel secure under his protection.

He never speaks of his abilities, but he helps with his deeds everywhere. He seems mysterious and enigmatic. One suspects that there is great knowledge in him and in speaking with him one gets the feeling that he knows more than he says. The magnetic human emits a strong magnetic substance that completely envelopes and influences his environment. He is everywhere the leader, all serve him involuntarily and unconsciously help to promote him.

Exercise.

In order for the student to strengthen his magnetism, several times a day he says:

"I am full of health and power, the magnetism in me is growing and strengthening ever more and more, for my thoughts are noble and good; I will, to the best of my knowledge and ability, help, assist and protect my

dear sisters and brothers with this magnetic force which is becoming ever stronger in me."

At dusk, or under dim light, the practitioner, after doing a breathing exercise, sits down in front of a table, relaxes his body, places his left hand in front of him, if possible on a dark background, and mentally visualizes that he is blowing a fine smoke from his hand; the longer he looks, the more dense it becomes.

This exercise should only take a quarter of an hour to complete but it should be repeated daily until he really sees his radiation without doing the practice. Now he tries to recognize his aura or Od radiation all over his body. Od is the pure life-giving astral light. Once the student has progressed this far, he studies the race of his blood brothers and sisters, as well as the races of other men, paying attention to the different color effects.

Through strong will, thought and visualization, the magnetism in the student is strengthened so that it can bring forth other very favorable bodies, healing and strengthening effects.

Also, the practitioner becomes more and more profound, clear, and definite in his chest-tone in daily life. Therefore, he often does speech exercises in a deeper tone, so that he will attain the magnetic voice in a shorter time, which is of great value and influence, and which always has a convincing effect and arouses benevolence.

Exercise:

Daily, when he is alone, the student speaks to an imaginary person in a loud, deep and certain chest-tone in order to train his voice in this way. He then also notes the different astral color effects of the radiation.

In order to comprehend all runes ever more deeply and to learn to interpret them with intuition, I recommend to practitioners the rune casting that was in use thousands of years ago for the questioning of fate.

The student cuts a branch from a beech or an oak tree and divides it into 13 parts, also 16 equal-sized sticks. Now he will carve a certain rune sign in each stick. He throws the staves straight to the ground, picks up three staves in turn and tries analogously to interpret these three runes. Later, seven sticks can be picked up, which makes the interpretation a bit more difficult. For practice, all runes as they come straight into his hand can be picked up one after the other. The interpretation will not always succeed, but often he will be able to decipher a good sense of the meaing. Over time, the practitioner will master the runes very well and learn to interpret them with intuition.

The runes used to be carved mainly in beech [*Buch*] wood, which is also the reason behind our current word "book" [*Buch*]. Even the word "read" [*lesen*] comes from reading [*auflesen*] the runestaves.

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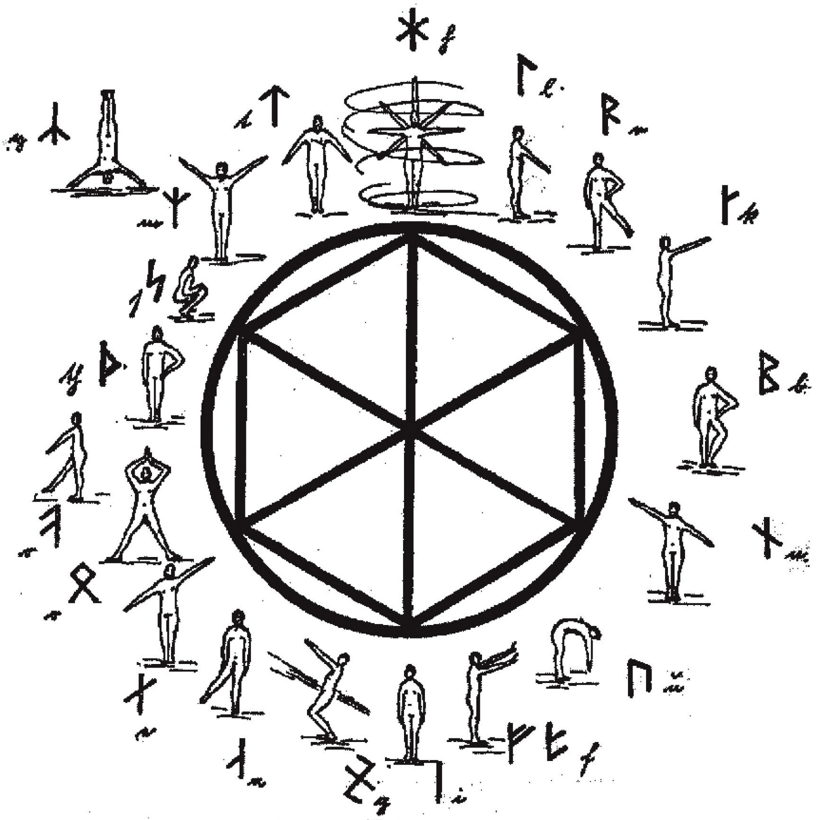

The hexagon, which contains all the runes of Futhark, which can also be physically felt.

The Is-I-rune is the ninth rune in the Futhark, thus indicating the magical nine of perfection. It is the rune of the upright, energetic, conscious, magical leader, its symbol is the axis of the world, the Irmin-pillar, which is also the phallus in man. In the I-rune position, the practitioner is tuned to specific radio-like All-waves as an antenna of nature, which receives according to the fundamental vibration of the practitioner either good, healing and strong, or bad, weak, and even demonic fine-force waves.

When you sing the i-i- sound in this position, the sound vibrates through the whole body, it resonates from the head, from the skullcap over the spine down through the legs and down to the middle of the feet. If the i-i- sound is raised in the same way as when a question is posed, the wave rushing upwards under the heels, starting from the heel, runs upwards through the body.

If the sender sings the i-i- in different pitches, it also creates a different feeling in the body. I have known this for years. Friedrich Marby and John Gorsleben have already made this observation.

The demonic form of the positive Is-rune is the Tel-rune — the negative female Part-rune, — the temporary ego — or the negatively lying, sleeping human.

The Is-I-rune is the wave, the will rune.

It also represents the axis of the world and of the year, the south-north of the Tree of Life, and the winter solstice.

Guido von List said to us: "Gain power over yourself, and you will have power over all the resisting mental and physical worlds."

2. Rune Position: The k, Kaun-Rune ᚴ

To the north raise the hands, the spirit,
When the sun is shining, sparkling in the east.
As a living k, the sun turns towards you,
And your hands receive the Allfather's blessing.

What has been said for the first rune position also applies here, and the practitioner accustoms himself to disciplining his body in every way. He sleeps with the window open, rubs off the cold in the morning, goes for a walk on Sundays at sunrise, sending forth good thoughts that serve his higher development, and he connects this walk with his rune exercises. The student will feel much freer, stronger and happier than before when he comes home.

I want to say that in all rune positions the face should be directed north or east. The Geneva Od researcher Martin Giegler also proved that even the cardinal directions have different influences on humans. On the basis of extensive experiments, Freiherr von Reichenbach found that especially delicate, sensitive people have the most decent sleep when the head is pointing north, while it is less good when the direction of the head is towards the east.

The head position to the west usually makes you noticeably uncomfortable and the head position to the south leads to unrest, intolerance and anxiety. (The old church altars were always built in the north of the nave, so the congregation could pray toward the north.)

So the student does the I-rune position on his Sunday walk and sings the i-sound for a few minutes. He does not need to sing in a pitch, but he may change it as he hears and feels it within if he hears or feels something in his body, because through the long drawn-out singing or speaking of the i-sound he magnetizes his body and with regular, conscious, daily repetition later the I-rune mystery will also be revealed to him. I can not tell him but can only be a guide. But after a lot of effort he will succeed, he walks the steep path of the initiate and he learns silence.

Also, it is always better if the student practices the rune positions outdoors whenever possible because rooms are often permeated by radio waves, which are not good for the student in his early stage of development and are absorbed by him unconsciously. Also, consider that the walls, the ceiling, and the floor of the room are heavily drenched with the influence of

the moods, occurrences and thought powers of former occupants. Was one of the previous owners of the apartment suffering, melancholic, hateful, or predisposed to strong passion (perversity), or had someone who had committed suicide, a man of low race, etc., lived in it, and as luck would have it, that on a day of practice the star positions for demonic influences prevail, the student, after the exercises can be greatly weakened and damaged. That is why he practices outside or with the windows open. In the wintertime he airs out the room well before the exercises, then closes the window and draws the magic circle around him. He proceeds therefore as follows: with the index finger he draws a circle around him on the floor while he speaks sharply and thinks: "All bad influences and forces disappear from my proximity; I build around me a protective wall which becomes more and more condensed and reinforced; it is impenetrable, and all disturbing, bad influences bounce off this protective wall.

All my spirit, soul and body serve the forces in a good sense, all cosmic, divine, All-waves are not a hinderance since I vibrate in harmony with them and I have made a protective wall of them, and also the force-waves which have been produced vibrate in me."

Now the practitioner again takes the I-rune position, raises both arms in the front diagonally with the open palms facing forward, so that when he is seen from the side he appears in the shape of the K-rune ᚴ. He breathes full and deep, the K-All-wave now penetrates into his palms, flooding his arms and then the whole body. The student turns in this position to the east and sings in a deep chest-tone the K, takes the position to the north in slow rotation again, changes several times between north and east and notes the All-wave, which is now pulsing in his body.

If he performs this exercise in the sunlight or moonlight, he will feel the K-wave even more strongly, he will perceive a loosening and resounding in the umbilical region and will experience an inexpressibly beautiful, high All-connectedness. Spiritual doors which open up deeper insights of life on this side and beyond are revealed to the pure, aspiring brother. But that does not cover the K-rune in all its depth. Blood brother, search with a pure, conscious will, then you too will find it. After this practice, you say with all your strength, "I can–I want to become a rune-master."

The Ka-rune can also be experienced very well using the following phonetic formula: ka-ke-ki-ko-ku.

Those who practice a rune with selfish thoughts and evil desires will have a hard time making amends for it. I am giving a warning.

These exercises are intended to be practiced for 14 days and are to be combined with the preceding exercises.

Dear brother, if you find rune secrets, then show yourself worthy. Even today, you are often in rune positions in everyday life, and even if you do not know anything about the effects of these rune powers, you are still

influenced by them. Then observe and listen within yourself, and new, higher knowledge will come to you.

Be a German, a spiritual warrior of your race and listen to the voice of your blood. Always have thoughts of confidence and believe firmly in the success of your good pursuit. Should a failure happen to you, earnestly seek the reason within yourself and you will find it.

Also, the student should notice that his hair is an antenna that receives the finest radio-waves of the All and then guides them through his body. That is why he wears his hair long as a more conscious German (if his hair is finer, higher, finer waves are received). For his continuing spiritual development is also refined in his hair. He does not anoint his head by wetting it with Pomade or Brillantine, etc., which only isolates and prevents the influx of All-waves. People who were not to have self-awareness and self-confidence and had to serve Mamon had their hair shorn, in ancient and modern times. I am thinking of slaves and nuns. The monks and Roman priests had the tonsure cut.

Recommended is the research on hair-antennas (Frau Holle) by Mr. Friedrich B. Marby.[3]

It is now time for the student to acquire the magnetic gaze. There is a great power in the human gaze.

The eye radiates the will, as well as the mental and emotional state. The practitioner can apply his gaze much more successfully the more trained his eye is; the student can acquire the magnetic gaze through conscious exercises. Now, his eyes are barely able to affect others magnetically; they make many mistakes because the gaze is restless, unsteady and unaware.
His eyes wander back and forth, with every movement the eyelids and their muscles twitch, so the gaze remains unimpressive. The student must get his eyes and his facial muscles fully under his control.

Exercise:

He draws this Hagal-rune on a white piece of paper (in double size):

The Hagal-rune is the rune of the three dimensions, the fourth dimension is in the middle.

3 Stuttgart, *der Eigene Weg,* No. 47.

And now he attaches this piece of paper to the wall or places it at eye level in front of him on a table, sits comfortably at a distance of 1 1/2 meters away on a chair, then gives his body the command not to be bothered by any twitching or itching of the skin. He is motionless and looks steadily with his eyes at the center of this Hagal-rune for seven minutes. The center is something in the mind, something spiritual; it is the center of the universe, the cosmos, the earth, it is God. The point is also the key of the Hagal-rune because the rolling point becomes the line. So the Hagal-rune is again the key to all other runes because they can all be united in it.

In this exercise the student may not move the eyeballs or the eyelids. He must strictly avoid blinking and twitching. His eyes should be fixed firmly and calmly on the center of the rune. The tears of the eyes, which are taken for granted at the beginning, will be lost again as soon as his eyes are more disciplined. He practices only in daylight because artificial light results in a slight weakness of the eyes.

If, after 14 days of practice, he has achieved the immobility of his eyes so that he can calmly, without blinking, see the center of the rune for 7 minutes in the above manner, he will soon have the magnetic gaze. When he looks at someone with this look, the other one believes that he can see directly through him and can look into his deepest, innermost heart. The whole personal impression of the student will be more self-confident and more trustworthy.

Exercise:

The student sits down in front of a mirror and sees his own reflection with the same calmness and immobility. His eyes must be fixed immobile and motionless on the bridge of the nose in the mirror image. Here lies the organ of the personality; this is the point between the eyebrows. The root of the nose is now focused on for 7 minutes in the greatest state of calm. After a few days he will be able to see the close surroundings of the nose and even the whole face clear and distinct, though his eyes are fixed only on the bridge of the nose.

Later he can look at other people. For this exercise he will find sufficient opportunity in daily life.

The magnetic gaze will do him good, especially for the better implementation of his wishes in the environment around him. He will force hypocritical liars to tell the truth with his magnetic gaze.

In conversation with other people, he grows accustomed to not looking the person in the eye, but firmly, calmly and without blinking, at the nose of his opponent. His words will then make a deep impression and will work and stick with the listener. And the effect is amplified when he speaks in a low pitch and in complete peace.

Shadow Dance is done in the sunlight and moonlight, proceeding as explained in the rune positions and dances, while looking for the shadow runes emerging on the ground and trying to interpret and read them.

Shadow Dance can also be danced in a group as the above dance shows.

I point out that all runes, bind-runes, and dances are formed and experienced in three ways. First, in the way I have already explained, forming all runes facing north. This is the easiest and the most recommended for those uninitiated in the runic mysteries.

The second type of mystery is to form the runes, bind-runes and dances in such a way that they can be read from the north, from left to right. Another secret can further be found when you practice the runes from right to left.

The third and highest type of mystery of the rune positions is when an initiate feels himself to be a Nordic broadcasting center and accordingly practices the rune positions, receiving and transmitting power waves.

Runes of the Year

ᚢ Ur, the winter solstice rune
ᛉ Man, the rune of the spring
ᚴ Ka, the rune of the summer
ᛏ Tyr, the rune of autumn and winter

All-Fine-Power-Wave Rune-Streams

That thoughts, radio-electric-like fine waves are sent and received, which accumulate in masses and grow into a traveling force capable of elevating an entire people to a higher spiritual level, or in the lower sense to destroy them, is obvious and clear to everyone. But for the pure-blooded Teutonic German, there are still higher, spiritual and physical waves of fine-force, which through his special blood temperament, he is able to arouse and absorb from space for his own benefit, for the good of his race and for all humanity. It is the fine-force thought waves of remembrance, of the memory, which were inherited from him and born into him through millennia of pure generation of his ancestors' ancestors. The pure Germanic person is capable of submerging himself in the great sea of intellect and thought of the Ur-elders, of the God-Sons and of the spirit-rulers of his race, and of shaping, seeing into, and living in it. Since this great sea of thought resonates in the rhythm of the cosmic universe, it is important that the German connects his indigenous wave with this sea. He can do this by turning in the cosmic rhythm of the universe and receiving these fine-force waves as an antenna. Just as one can now tune in different waves on the radio, so the German can also regulate the inflow of the invisible substance of All-waves through runes and dancing. Anyone who thinks this impossible will never be able to absorb thought waves because he vibrates in disharmony with the cosmic universe, burdened by the blood of a foreign race. Low-race and mixed-race people cannot have an inherited memory and cannot absorb thought waves because their receiving apparatus is imperfect, their blood is decomposed by animal blood. Therefore, they deny and fight against the knowledge of the thought-powers and the inherited memory. Also for the Germans, would it be better to listen to the yowling, cawing, croaking and whimpering of the lower race? Have you ever heard a lecture about rune knowledge, rune theory, astrology, etc., on the radio?

Where the coarse matter in its smallest, tiniest, particles stops being ascertainable for us, there begins the subtle-force-substance, which in turn is set in motion by the oscillation of even finer waves of force. The medial man has the ability to perceive sounds, noises and musical sounds with closed eyes in light reflexes and astral color effects. So our subconscious mind is in touch with these fine-force waves.

In medial painting, I often perceived a gentle sound and noise, or when I practiced rune positions in the outdoors, I could see vibrating, circling bright colors and often heard delicate musical sounds. Consider that wireless telegraphy is capable of transmitting words and sounds thousands of miles away. Why should man, the most perfect being of the earth, not be

able to perceive and absorb the more delicate waves of force? The pure German, initiated in the higher mysteries, is capable of consciously sensing and absorbing the forces of power from vast expanses, even from other planets. Light and sound are very related expressions. For example, a certain color or musical tone can excite, calm, weaken, invigorate, make joyful, or sadden people. Every human being has a certain color and music tone which vibrates in harmony with him, and through their decaying waves of fine energy, soothes that human being in a beneficial, powerful way. Also consider that a hue in the music, color-sound and a musical tone can cause color sensations.

The great singer or orator is always a white or black magician, for he draws the audience into the spell by the fine-power waves he sends out. Consider this when you go to a theater or a lecture. Magic is power.

Works of art also emit fine-force waves. For this reason, today's art (with a few exceptions) is so repulsive and disgusting to us pure Germanic peoples because the fine-power waves which decay from these works of art are in disharmony with our inner being. Today's artists are for the most part low-race technicians, while the older works of art by Durer, Rubens, Rembrandt, Wagner, Schiller, Goethe, etc., strengthen and enliven us with their still-active fine-matter currents. Art then speaks to its own kind. Our artists of the future will not be after-creators, but again creative, magical artists of pure, Aryan blood.

Also, there are planetary fine-power streams that the ancient Aryo-Germanics knew and used, but which our astrology and astronomy of today cannot yet detect.

There are still Aryans today who can kill animals by using magic formulas loaded with strong fine-force waves, by pronouncing these formulas. They are also able to liberate themselves from the gravitational force of the earth by a strong, permanent collection of these waves. Aryo-Indians still produce bells loaded with fine-force waves, with the use of which they are able to kill lions only by sounding the bells. Metals have very strong fine-force waves. For example, the sounds of lead and zinc are harmful for humans and animals with inhibiting waves, while copper emits invigorating, powerful waves. Ziegler had rhythmic tones of sound cast against a brass disc from which he had led silken strings to two rabbit cages. After 14 days the inhabitants of one of the cages underwent decay of the body but the other was especially well. Dr. Heermann Kassel uses the fine-force waves that accompany the sounds of a tuning fork with great advantage for the treatment of various diseases such as disorders of the brain and spinal cord, hearing loss, optic nerve palsy and vocal cord paralysis.

I myself often notice in plants, especially trees, decaying waves of fine energy. Progressive-minded physicians and healers have been able to cause much improvement in the suffering of the seriously ill by using certain color power waves or musical sound waves.

Precious and semi-precious stones emit powerful waves of fine energy, which with a precise knowledge of their application to the mind and nerves, cause good healing for those who are suffering.

Professor Polenski found that the vowels of a good poem, arranged according to a certain scale of tones discovered by him, produce a harmonic sequence of tones when transposed into music, in contrast to bad poetry, which yields only a confused and arbitrary disjointed series of sounds that is not a musically crystallized, self-ordered, magical tone sequence. Also, attention should be drawn to the fine-force waves of the colored glass windows of old churches and buildings, which have a particularly soothing, calming and strengthening effect. Everything material on earth, including humans and animals, receives and transmits fine waves of energy. But also in spiritual research the fine-force waves play a major role, especially in the materialization phenomena.

Mr. Carl G. Harke found and recognized the *Harzland* as the nucleus of power, the force field of currents and space, as the heart of Germania. The discovery of the rich soil and the radiation in the resin is of great importance to the rune magician. Harke's geopolitical sketch of the restructuring of the empire from the tribes is highly recommended.[12]

Above all, our millennia-old murmuring runes possess strong, magical fine-power waves. It does not matter if they are scratched, cut or written. Everyone who has not fully mastered the runes should only carve them on wood or write them on paper so that he can remove or destroy them at any time, because a rune is not a simple letter, but a kind of formula for a large magical force field. Now, if several of these runes are put together without deeper knowledge of them, the effect of these fine waves of force through their various composite laws can be in great disharmony and instead of creating blessing and healing, can result in more confusion and chaos.

The strongest effect is that of the fine-force and All-waves of the rune streams when one forms and feels the runes physically. Rune positions and dances are the key to the highest mysteries and greatest magical secrets.

But it is never to be forgotten that there are also harmful, sinister, eerie, black magical fine-power waves. I remind you of disreputable rooms, objects, the havens and whorehouses of the haven sites, the Jews quarters of the big cities, etc. These are force fields of poisonous streams which can become very dangerous to the German who stays unknowingly for a long time in this environment. It is high time that these venomous and brutal bodies of vice are razed to the ground.

The planetary All-waves are more of an electrical nature, and their influence is directed to the heart in the material body, while the waves of fine force emanate more in the lungs of the material body. Both types of

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12 Included in the Hamburg Uranus calendar 1933 (*Die Wiedergeburt deutscher Macht aus Volkstum und Raumerleben, der Harzraum, der mystische Herzraum des Reiches*). More also by Carl G. Harke, Hamburg, Zimmerstrasse 10.

waves, however, are particularly appealing to the body and the glands, as well as to the occult power centers of the pineal gland, the solar plexus and the sympathetic nerves.

We still do not know today the numerous different magical fine waves of the runes that our ancestors mastered and consciously used for the sake of their race. Even if some of these forces are discovered, we still lack much of the high knowledge about the All-waves and fine-force waves. But through our connection, our inherited memory, combined with zealous research, practice and seeking, we will be able to regain this high wisdom.

Hail Day! And hail sons of the Day!
Hail Night! And daughters of the Night,
O look down with merciful eyes
and give victory to us sitting here.
Hail Æsir! And hail Asa Godesses!
And hail, greatly fruitful earth,
Give counsel, reason and glory to us all,
and lifelong healing hands!

Magic Fine-Power of Precious and Semi-Precious Stones

The precious and semi-precious stones are collection centers. Each stone absorbs certain planetary fine waves of energy from the universe, processes them and radiates them out again. It is a proven fact that today's scientists, most of all the mineralogists, are always able to detect certain, yet unknown rays in gemstones, and even that these stones absorb, transform and re-radiate certain waves. How much our ancestors, the Aryo-Germanics, knew, mastered and used the fine powers of the gems and their magic, cannot be described in the present work; in general they used the precious and semi-precious stones for faster and easier absorption of the good as they are advantageous for the fine-force waves of the universe, as well as to ward off bad waves, bad influences.

I give a simple, brief explanation of the individual stones below, but I recommend the daily wearing of a particular stone not only following the sun sign, but also to corresond with the ruler of the horoscope or at least the ascendant.

Precious and Semi-Precious Stones of the Zodiac

♈ Diamond, Ruby	Precious Stone	Amethyst	Semi-Precious Stone
♉ Sapphire, Turquoise	"	Carnelian	"
♊ Emerald, Aquamarine, Beryl	"	Amber	"
♋ Opal	"	Heliotrope, Coral	"
♌ Diamond, Ruby	"	Aventurine	"
♍ Emerald, Garnet	"	Agate	"
♎ Diamond, Turquoise	"	Crystals	"
♏ Ruby, Topaz	"	Malachite	"
♐ Sapphire, Garnet, Carbuncle	"	Aventurine	"
♑ Onyx, Pikolite	"	Sardonyx	"
♒ Sapphire, Opal	"	Black Pearl	"
♓ Topaz, Chrysolith, Jasper	"	Coral, Amber	"

Metals of the Planets

☉ Sun – Gold
☽ Moon – Silver
♃ Jupiter – Tin
♂ Mars – Iron
♄ Saturn – Lead
☿ Mercury – Mercury
♀ Venus – Copper

Agate (Semi-Precious Stone)

The agate has tight, different colored strips. The cracked agate is often artfully blue, yellow and red, as well as differently colored.

According to ancient traditions, this stone is said to have the power to calm down the opponents and enemies of its carrier; it also gives speaking power.

Its fine-power waves sharpen the mind and intellect. It has a balancing effect, alleviates fear and anxiety and is reassuring to the nerves. The agate protects against infectious diseases and has a favorable effect on the nerves and digestive organs. Its influence has a healing effect on headache and dropsy.

Amethyst (Semi-Precious Stone)

is a variety of quartz. Its colors are burgundy, blue, purple, brown and greenish. It strengthens the willpower in its carrier, soothes the temper and protects against attack. It is recommended the most for lonely, spiritual people. It makes things correct, gives good concentration, works favorably at penetrating the higher humanities, protects against drunkenness and is good for head ailments and headaches.

Aquamarine (Beryl) (Precious Stone)

has a sea-green to pale green color, is often more blue or yellow and is transparent. It awakens in its wearer the higher senses and is a prominent magical stone. It sharpens the mind, causes a cheerful, serene mood, keeps the wearer youthful and healthy, has a favorable effect on the glands and is good for those suffering from maladies of the kidney and bladder.

Aventurine (Semi-Precious Stone)

is the stone of chastity, it calms and curbs the passions, gives peace of mind and has a calming effect on the nerves.

Amber (Semi-Precious Stone)

calms, balances, and strengthens the life force and favorably influences the thinking. It is a good guard against hate, curses and enchantment and is especially recommended for weak, susceptible children. It has a healing effect on throat and gland diseases.

Chrysolite (Precious Stone)

strengthens the intellect and ability to concentrate, has a soothing, balancing effect, makes one receptive to incoming waves of thought, favorably influences the blood circulation and is good for gout and rheumatism.

Diamond (Precious Stone)

is the hardest and most precious gem. It often has a greenish or bluish fire. It strengthens the willpower, courage and boldness. Its magical radiance has a compelling effect on others and it dispels anxiety and fear in its carrier. Strongly sensual people are discouraged from using this gem as it adds to the passion. It is one of the strongest protective and defense stones against worldly and otherworldly influences. It is an overt magical powerhouse, which can consciously move weak people even in sleep or hypnosis. It gives strong powers of concentration and is able to absorb thought waves and inspirations. The diamond has a beneficial effect on the nerves and blood circulation, it is good for diseases of the head, nerves, liver and kidneys, as well as for blood diseases. It also protects against fatigue, infection and insanity, and dispels fever and headache.

Garnet, Carbuncle (Precious Stone)

The garnet and the carbuncle have a dark red, bright color and are closely related to the real ruby. There are also imitations, so-called synthetic carbuncle stones: these have no electric fine-force waves. A real carbuncle can be recognized by the fact that when rubbed on wool, it will attract small shreds of paper. The garnet and carbuncle also glow intensely in the dark and are highly recommended for spiritual researchers as they draw on their fine-power wave phenomena and make their carrier visible. The carbuncle strengthens the self-restraint, gives self-confidence and influences concentrated thinking. It should also give the wearer serenity as well as protection from dishonor. The garnet and carbuncle are further considered good defense and protection against uncanny, demonic influences. Its fine-power waves are good for the nerves.

Heliotrope (Semi-Precious Stone)

has the power to awaken the inner, magical powers in the carrier and makes him medial and spiritually receptive, but it should be worn only by Aryan, magically trained people. It intensifies magical runic formulas. The ignorant are warned that this stone can also influence black magic. The heliotrope is a stone which is strongly influenced by the moon. Its fine-power waves are beneficial for lung and chest disorders.

Jasper (Precious Stone)

has a nice green sea color and is slightly transparent. There are also blue-red, almost transparent jasper stones. This stone gives wisdom and brings rescue to its carrier when in physical danger, it makes one medial, clairvoyant, and brings dreams of truth. The effect of the moon intensifies the magical effect of this stone. It was also called "Donner Stone" in ancient times and is considered an effective protection against lightning. Jasper brings healing in heart attacks, stomach and gallstone diseases.

Carnelian (Semi-Precious Stone)

is quartz-like, its color is pale red, translucent. Often it has dark red or light and dark layers. This stone brings happiness and goodwill to its carrier and, above all, is considered a stone of protection and defense against sinister, ominous influences. It should also protect against accidents and sudden damage, as well as protect against demonic black magic influence, and is good for dysentery, cervical, liver and nervous disorders.

Coral

actively balances, frees from bad moods and states of anxiety, protecting against ominous influences.

Its fine-power waves are good for the nerves and chest ailments.

Crystals

Above all, due to its peculiar nature the rock crystal is in a position to collect certain waves of fine power and thus to reflect images in itself so that sensitive, magically trained people can receive an account of past, present and future within. The influence of crystals is favorable for dysentery diseases.

Malachite (Semi-Precious Stone)

strengthens the courage and gives energy, but acts mysteriously on the love life, hindering, often also separating. Its fine-power waves have a favorable effect on the reproductive organs (STDs).

Onyx (Precious Stone)

strengthens the ability to concentrate, sharpens the mind, frees from pessimistic moods, gives hypnotic power and is good for nervous disorders and poor blood circulation.

Opal (Precious Stone)

The opal is white-blue and shimmers in all rainbow colors, the fire opal is milky, hyacinth-red and is characterized by a strong shine. Furthermore, there are also white-yellow, oil-yellow, brownish, but also semi-transparent, water-bright, colorless opals.

The opal has the magical power to tie its luck to its carrier. It often cracks as a result of infidelity in love. If the bearer of the stone is more highly developed, the opal makes him especially receptive to higher cosmic, astral waves and leads to spiritual perceptions. Its fine-power waves and effects are particularly strong in women and give them the ability to read minds. For years, I have seen in several people that the opal is a really lucky stone.

The opal has a healing effect on the eyes, nerves, lungs and on cancer.

Black Pearls

have a balancing effect but are also alluring, making one inclined to medial perceptions, mysterious and occult influences. They are also good for nervous ailments.

Pikolite (Precious Stone)

makes things correct, gives loyalty in love and strengthens the organizational capacity, but also produces mistrust, pessimism and melancholy. The influence of Pikolite is good for skin and bone diseases.

Ruby (Precious Stone)

has a bright light to dark red color and is a lucky stone. It strengthens courage and self-confidence, gives steadfastness, happiness in love, and awakens benevolence and respect. Its fine-power waves make one more

receptive, refine the senses and feelings and lead to astral perceptions. The ruby favorably influences the blood circulation and is good for anemia.

Sapphire (Precious Stone)

is the second hardest of the gemstones. Its color is bright sky to white blue.

This stone gives peace of mind and cheerfulness to its wearer and draws help in great need. When there are bad, harmful influences on the carrier, as well as in imminent disaster which the stone cannot fend off, it turns dull gray and shatters or crumbles into dust. Such stones must be replaced immediately.

The influence of sapphire is goodness, compassion and benevolence. It is also a very magical stone which empowers clairsentience, and by its power can attract supernatural beings, spirits of the dead. The sapphire is healing against fever, headache and heart disease.

Sardonyx (Semi-Precious Stone)

strengthens the energy and willpower and helps to diminish super-sensory, otherworldly influences. Its fine-power waves have a favorable effect on rheumatic suffering.

Emerald (Precious Stone)

The emerald is a luminous, chrome oxide-green stone. It secretly warns its carrier of impending damage and misfortune, but demands that its bearer be silent about the power of his stone, otherwise it will lose its effectiveness. When there is infidelity in love, it turns dull brown. When its carrier is facing a great misfortune that it cannot fend off, it shatters or splinters. The emerald is the stone of righteousness and faithfulness; it brings about physical equalization, creates harmony and peace of mind and is influential in higher spiritual knowledge and medial perceptions. It is a good defense and protection against evil, sinister, and black magic influences. It is very soothing and strong against eye infections, and by its wonderful green color it should be very soothing and effective against weak eyes. It also has a healing effect against cramps, anxiety and fearfulness.

Topaz (Precious Stone)

has a golden-yellow, wine-yellow to brown and reddish yellow color.

Above all, the gold topaz gives magical, secret powers. Its fine-force waves make the carrier sensitive and receptive to higher thought waves. The topaz produces concentrated thinking and quicker perception. In mentally and magically trained people it influences clairvoyance and spiritual perception.

Topaz has a healing effect on head and eye disorders, has a favorable influence on blood circulation and is considered to be a cure for hemorrhoids, jaundice and gallstones.

Turquoise (Precious Stone)

Turquoise is a sky blue, light blue-green stone. It protects its bearer from severe falling and protects him from envy. It is a lucky stone and causes loyalty in love. It indicates impending misfortune by coloring. It intensifies the magical systems and is influential to the higher mysteries and secret sciences. Its fine-power waves have a balancing and harmonious effect. It works favorably on neck, kidneys and bladder ailments.

The selected stones should always be worn so that they can absorb and process the Od radiation of their wearer, thereby positively influencing their fine-force waves.

Also the following magical, old order of the precious and semi-precious stones is recommended: to set the stones in two circles in a Hagal-rune which is made of the metal of the carrier.[13] This rune is then worn on a chain or a silk cord around the neck. The stones of the outer circle are carnelian, topaz, emerald, carbuncle, sapphire and diamond. The stones of the inner circle are opal, agate, amethyst, turquoise, beryl and jasper.

I recommend these 12 stones to be set in order all around on a ring, as a magic power ring that can be rotated at any time on the finger depending on the influences and circumstances. The stones which are on the light side always have the strongest effect. If you are familiar with *Tatwas*, this ring will serve you particularly well.

13 The metals can still be gilded. As for Mercury and Saturn, have the mercury and lead in a small capsule in the center of the rune.

Yodels

The reader is advised to occasionally practice yodeling as well, since these formulas have strong, magical powers that can be consciously unleashed through singing in connection to rune positions or dancing. These yodels are ancient and are from the time of the ancient Aryan blood. They are remains of the ancient consecration chants and battle calls of our ancestors which have been preserved to this day in our mountainous areas.

I give some of the old yodels from the collection of the professor Dr. Pommer[14]:

These yodels are set to a song-like melody.

The I-ä-ha-e-a-i. From *Altlassing*. Written by Mrs. Agnes Stock (The "Stocker" in *Alltlassing*, 1896) Text: ha-i ha-i a, ha-i ha-i ia ha-i ha-i i ha-i ha-i hi-a ha-i i ha-i ha-i hi-a a.

The *Hidla hidiri*. From *Windischberg* near *Spital am Pyhrn*, 1897, from *Windischbauern*.

Text: 1st voice: Hi-dl-a hi-di-ri hi-dl-i a hi-dl-a hi-a-i fi-di-ri a di -

Text: 2 voices: Ha-i-di ha-i-e ha-e a-e ha-i-di ha-i-a ha-i-a-e a.

Goldebacher and *Stalinger* (*Goldbach* and *Stal* are two alpine pastures on the municipal boundaries of *Donnerswaldbach* and *Oppenberg*, after which the yodel is called because it is sung by the local dairy farmers, *Donerswaldbach* near *Irdning*, 1897). Text: Ha-da a-di – a-da – ra-di ha-da – ha-dei – ja hada-hadeijadi hada-hadeija hada a-di-a-dara-di hada-hadi-ja hada-hadei-jadi-a.

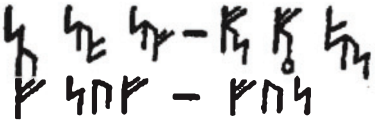
The *Zeller-Staritzer.* At *Maria-Zell*, 1892. (The *Zeller Staritze* is a foothill of the *Hochschwab.*) Text: Ha dl i a i ja i ha dl i ri ha dl i a i ja-i ha dl i ri ha dl i a i ja-i ha dl i ri ha dl i a i ja i ha dl i-ri.

The yodles also refer to the times of the solstices, therefore *hulen* and *julen*, *Hul* and *Jul* as opposites such as "fight" and "victory."

Rudolf J. Gorsleben writes in his *Hoch-Zeit der Menchheit* (*High-Time of Humankind*):

> Hu is an Aryan-Atlantean, supreme heavenly God, whom we find again in the divine syllables Ju, Jo, Ja, Je, who is also named Ju-ta, Ju-ropa = Europe is also in the Ju-hymns to the Ju-bal = the Ju-bel-Got the Alpine peoples in the Ju-chzern, the *Yodelern* (God-learn) in *Hul* and *Jul*, the two solstices with their annual festivals. In the old town of Freesen in Thuringia, the young girls at the turn of the summer call the young lads: "Hihu," to which they answer "Here" in a low voice. In other places they call: "Juhu." In the word Jod-ler, the name God = Jott is still undisputed.

14 If you want to pursue it further, I recommend: Dr. Iosef Pommer, *Jodeler und Juchezer mit Notendruck* [with printed music]. Publisher of Adolf Robitschek, Vienna.



These bind-runes, as well as the runic word *suf-fus*, were much used as an enchanting formula in ancient times and are said to have the power to cause sleep and forgetfullness. I have often used it on patients suffering from insomnia with good results, but I emphasize that you have to master the forms exactly, because sound-runes can ring, sound, murmur, act, tie, forge, loosen, strengthen and heal. The runic formula *sof-fos* also causes sleep.

The runes were written in former times from left to right, also vice versa, often from top to bottom as well as in serpentine lines or standing on the head with special formulas after a very specific interpretation key, which we could not discover until today.

So for example on an old gold ring found in Köslin in Pomerania, as well as on the Ditmar bracteate which was found in a grave mound at Heide, one sees the same runic inscription, namely the runes F L U. One could read now *Flu* or *Ulf.* If one also considers the deeper meaning of the individual runes, one does not come to a satisfactory explanation. I tried to physically experience this old rune formula in rune positions and came up with very favorable results, so I am firmly convinced that I have discovered an old, high, magical initiate formula.

I advise the advanced practitioner to do his own personal research.

The Tyr-rune ↑ was also considered a magic formula to ward off the evil eye. When I was a child, my grandfather taught me how to draw an arrow on the ground with chalk. This sign has the power to make animals stiff and immobile. He proved it to me by catching a hen in the chicken coop and placing it on the end of the arrow (Tyr-rune) with her head extended. The hen did not move and remained motionless. I tried to scare her, and that did not help. Only when my grandfather wiped away the chalk arrow with his foot did the hen run away.

So I became aware of this rune at an early age and spent more time with it in later years, whereby I arrived at quite strange results of magical power which I cannot publish in order to not cause any mischief.

It was in the Erzgebirge, where, on a walk from afar, an old half-timbered house greeted me with its beam-runes in the language of my forefathers and invited me to take a break. I told the farmer what his house called to me from a distance, to which he replied that he had never understood why his father had put so much value on these beams. He had also told him: "Our great-grandfather believed in these beams and it did not go badly with that." The father had heard this from his grandfather.

That farmer was pleased to hear from me about the meaning of the beam-runes of his house, then he led me outside the door and pointed to a crossbar above the door which had three Tyr-runes carved on it. He said he knew from his grandfather that these charms were protection marks to ward off devils, witches, demons and animal diseases, and he can confirm that his farm had never suffered from animal diseases. He believes in the power of these signs, although the pastor has often laughed at him for it. I left the farmer with his opinion, without further supplementation. I would also like to mention that the holy rune staves carved from beech wood, if the rune formula is chosen correctly, can be used to achieve good healing results in the case of sick people. It is important that the performer is knowledgable about runes. The practitioner is to be advised to use these runestaves only when he has gone through the previously given development. Even then I recommend it only as a side treatment.

Everyone who thinks nobly and purely will find strong, powerful, magical, murmuring runes for his salvation. But if he can consciously believe in the high power of the runes and their magic, he will grow into the divine wise magician. Everything will be possible for him, everything will succeed for him.

A great Aryan once said, "If you have faith like a mustard seed, you will say to this mountain, 'Get up from there!' and it will do so."

So I call you, blood brothers and sisters, to believe wholeheartedly in the great future of our Aryo-Germanic race, unleash the spiritual salvation and battle-runes for the good of our people, remain faithful to the spirit, faithful to the blood of your ancestors, even into death. Then you are like your ancestors, Germanic people with true heroic spirits, and you stand upright and strong in the sign of our faith, in the sign of the victorious Aquarian age!

"An ash I know, called Yggrdasil.
The tall stem is covered by white mist;
from it comes the dew which falls into the valleys.
Evergreen it stands over Urd's Well.
From there come women, greatly knowing,
three out of the lake there under the treetop.
One is called Urd, another Verdandi.
They cut staves; Skuld is the third.
They laid lots; they determined the life,
proclaiming fate to the races of men."

On the Lindholm bone piece three Tyr-runes are carved ᛏ ᛏ ᛏ, and after them, *alu* "God" in the winter solstice u-a, where the *ulu*, *ula* becomes *alu*.

Here are two events from Egil Skalagrimsson's saga:

The enchanted queen Gunhild, who was hostile to Egil, passed him a horn of mead through her servant Bard, but the cautious Egil appeared suspicious. Bard, when he gave Egil the horn, secretly made a sign over it, whereupon Egil took his knife and with it cut runes into the horn, which he stained red with blood, saying: "I carve runes on the horn and color them red with blood. I chose these runes for the raging bull horn. Now I drink of the mead that the merry girls brewed me, how much I enjoy it to see how this mead, over which Bard made a sign, will get me." The horn, however, broke in half, and the mead flowed onto the ground. Egil drew his sword and killed Bard.

Another time, Egil was asked to help a sick person who had been lying in bed for many years. He found a runic whale bone on her bed. After removing it and burning it, he carved other runes and laid them on the bed with the result that the patient soon fell asleep and awoke in good health.

Therefore, Egil said afterwards: "A man should not scratch runes that he does not know how to place; misery arises from the laying of dark staffs. On the bone I saw ten magic runes scratched. This gave the maid long-term sickness."

Fig. 1

The spearhead from Kovel symbolizes in its form the Tyr-rune and carries the inscription Fig. 2 "Tilarids." This means something like "clever rider." Besides this inscription, there are many signs of salvation on both spears. For example, the sun ⊙ and moon ☽ Signs 1, 2, and 4, which points to a conscious hearing = showing witness; the spear is consecrated to the sun god and moon goddess. Further, we find in Figs. 1 and 2 an *s* ᛋ and *z* ᛉ rune and similar character ʒ, which is addressed in heraldry as the "double hook" and according to Guido von List is a further development of the Sig-rune, in which the "Hag" is hidden, and represents "*Sieghagen,*" the "Sieg inclusivity." Thus here this sign means: "The spear leads me to victory, to the goal." Further on we see in Figs. 1 and 3 the following signs ᛉ ᔕ which in heraldry are called *Deichsel* and *Dreifuss.* They signify "command of salvation," according to Guido von List: "I command salvation!" We also see on these spear blades the Swastika, the Fyrfos in its left and right rotation. It is the sign of the fire-making, of the

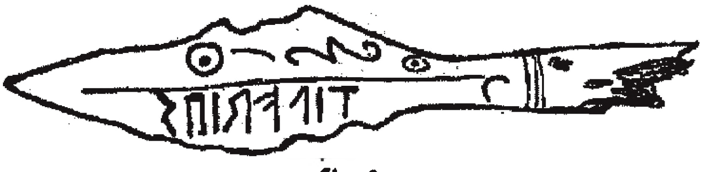


Fig. 2

Speerblatt aus Kowel.

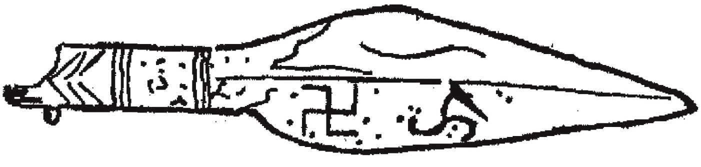


Fig. 3

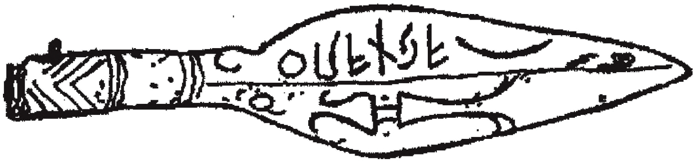


Fig. 4

Fig. 2 Spearhead of Kovel. Fig.4. Spearhead of Münscheberg.[15]

fire-element and of rebirth. It should bring luck to the hero either by winning or in Valhalla.

The spear from Müncheberg bears the Gothic name "*Raninga*" in runic script. The further interpretation is apparent from the previous explanation of the spearhead of Kovel. I only want to mention that in Fig. 4 to the right of the Fyrbock is attached another Sig-rune, and means: Fire Spirit, Fire-Bearer, spinning lightning. With regard to the spear, one might interpret, "I know the Fire Spirit, God Allfather, and have given my fate into his hand, so I hurl the lightning for law and order."

As a suggestion to further seeking and research, I present some of my rune signings and stone cuts. These runes are partly secret signs, but they also speak of the builder, the owner, the place and the time, and are of deeply religious content.

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15 Original photos are in the work *Runendenkmäler*, Urquell-Verlag Erich Röth, Mühlhausen in Thuringia.

A Temple of Saturn

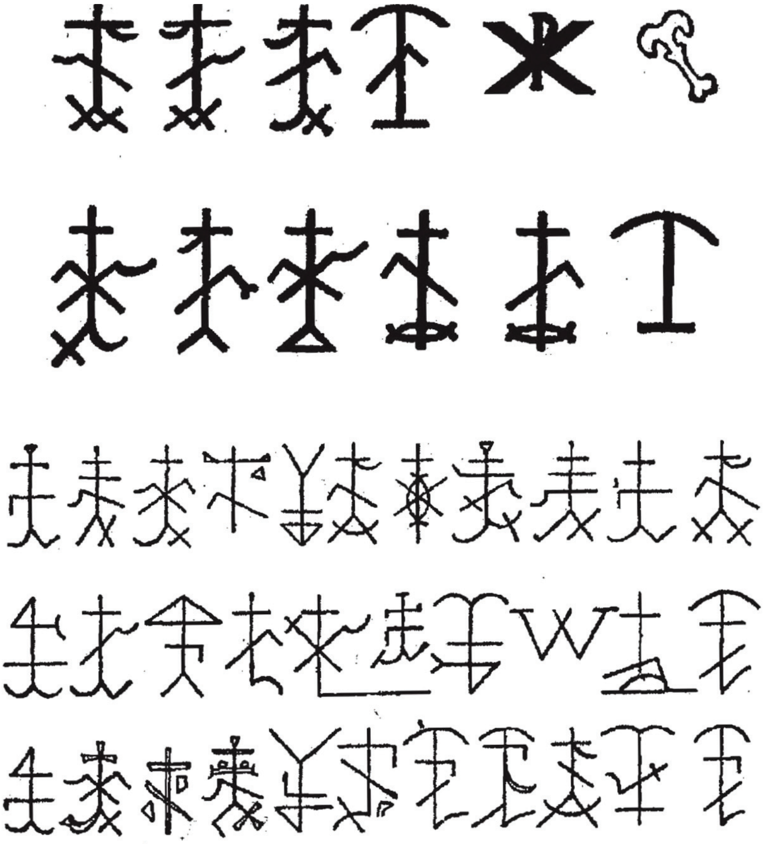
"The essence of Saturn becomes manifest only to him who has overcome the material world and has recognized the spiritual, luminous, white core of all being. Saturn is the "keeper of the threshold," the "strict judge" of Allfather, whose power is subject to the material world. Only true humility and willingness to renounce opens the way to the gates of Saturn.

The priesthood of Saturn under the protection of the highest of heavenly spirits is of a vast willpower. They are able to collect it in the domes of their temples and bring it to advantage. The roof domes are made of a special wood that acts according to secret cosmic laws (which people on earth once knew) and is protective and absorbent but also radiant. All the natural spirits that appear in the vicinity, as well as the demons (in the foreground), are spellbound by these radiations. If earth men came near these temple domes, they would be dissolved into nothing."

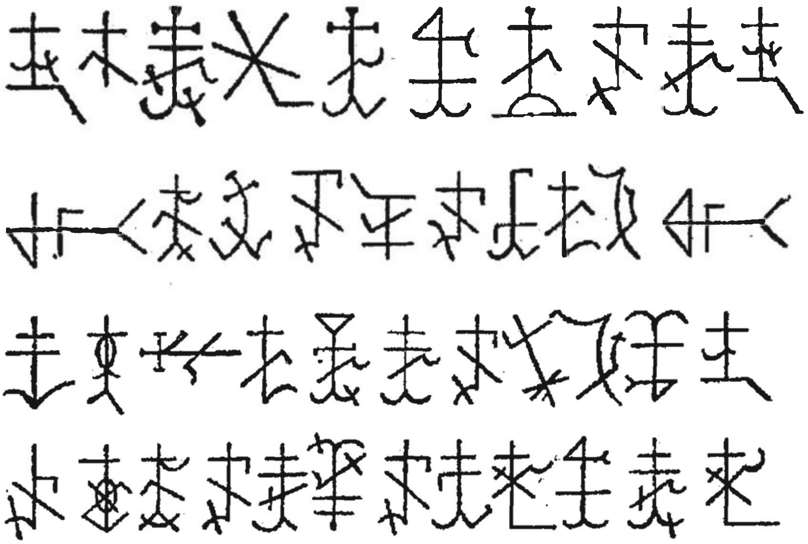
I cannot give a more detailed interpretation here.

The rune lore, in the writing of our trustworthy fathers, they are of value.

Runes and Stonemasons



At the Church of Sophia, Dresden; at the Dresden Outer Ward.



At the Orangerie, Dresden.

An old symbol is given here which is still to be found today in several old churches and monasteries of the early Middle Ages, and which still today preaches the holy, high knowledge of the God of our fathers, of Woutanism. I found it at two old churches[16] in Germany.

It is a symbol of the sun. The Sun Woman, wife of the Sun God Woutan, the goddess Freya, the Queen of Heaven, the goddess of fertility, blessing and love is depicted in the following picture with parted hair in a wreath of sun rose petals (the sun rose is the consecrated flower of the sun) Thus this stone work, which is very much affected by the weather and consequently suffered from it, symbolizes the goddess Freya in the solar circle. A symbol of the sun. That is why it is appropriate on the east side of the churches.

16 The locations I will announce later to prevent the premature removal of these symbols, because they are already very fragile.

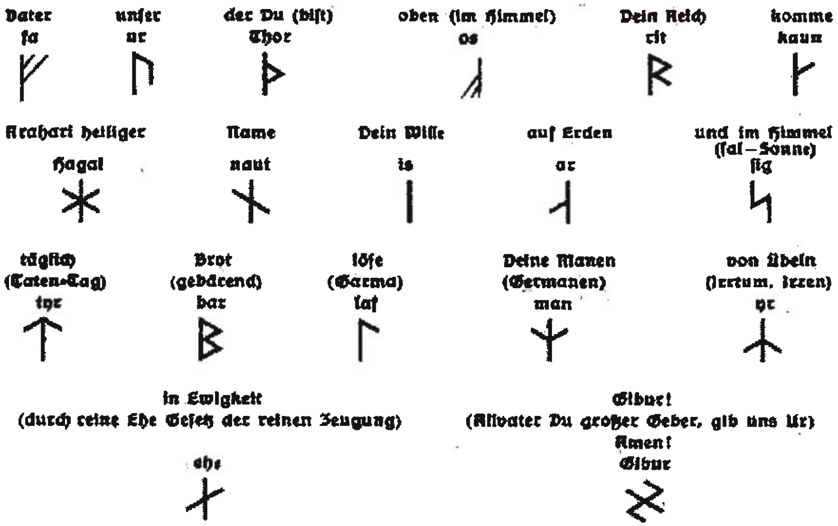
Freya is not a sun goddess, but a moon goddess and is only called Sun Woman, because she is considered the wife of the sun god Woutan. So this symbol is also a symbol of the moon.

The "Our Father"

An ancient Ur-Aryan rune prayer, as can be seen from the original forms. The following is not a complete interpretation, but should serve as a guide and to encourage research.

Vater unser der Du (bist) oben (in himmel) Dein Reich komme, Arahari heiliger Name Dein Wille auf Erden und im Himmel (Sal-Sonne). Taglich Brot lose Dein Manen (Germanen man) von ubeln (Irrtum, Irren) in Ewigkeit (durch reine Ehe Gesetz der reinen Zeugung) Gibur! (Allvater Du grosser Geber, gib und Ur) Amen!

Our Father who, you (are) above (in heaven) Your kingdom come, Arahari holy name Thy will on earth and in heaven (Sal-Sun). Daily bread loose your man (Germanic man) of evil (error, madness) in eternity (by the pure marriage law of pure procreation) Gibur! (Allfather, great donor, give and Ur) Amen!



Medial Writing and Drawing

The student forms the Fa-rune, then the Hagal-rune, whereby the meditations are directed to receiving a pure, high-spiritual writing. Likewise he asks his spiritual guide for support.

Afterwards, the practitioner sits down comfortably at a table. The light should be red when he practices at dusk. Take a pencil in the hand and place the tip lightly on the writing pad. He completely turns off his thoughts. As the occult forces of the student are already well-developed, in the "void-thought" state, the pencil will begin to write immediately. When he hears his hand stop writing, he ends the exercise. The student will receive very good inspirations. If he receives what is scarcely to be expected of his development, low, nonsensical communications, he, as a conscious magician, takes a very energetic position. The cause can also be attributed to bad influences which have been brought by other circumstances or foreign persons into the exercise room. I recommend that the practitioner erect the magic protective wall (see 2nd rune position) during the next writing exercise. In the case of medial drawing the pupil proceeds as above, only by meditation the practitioner applies his trained willpower according to the desired drawing.

The pupil also makes sure that there is always a pleasant, fragrant odor in his bedroom and study room. In dull, musty rooms, or where it smells of rats, mice, vermin, etc., low and animal, subtle creatures dwell in masses, the so called fallen. They are Od vampires over all living beings, humans and animals here, in order to get a freer and greater mobility from the Od (Magntismus) which has been sucked. They also flow through people with low or criminal impulses. In such rooms even a conscious, wise magician has a difficult struggle. I always recommend to the student to ventilate his rooms and it is good to use some frankincense, lavender water or something similar in the room if he is planning a great occult experiment.

Medial Painting

Here are two ways to reach the goal.

The first way: the student makes a smooth piece of cardboard 25x30 centimeters in size, and gets six small tubes of oil paint (red, blue, yellow, white, black and green) a small palette and a little turpentine.

He now squeezes from each tube a little heap of oil paint in a 10 centimeter space on the pallet, but a bit plentiful so that he does not lack it when he is in trance, lays down the cardboard for painting and puts them

near a cup with turpentine. He lights a small photographic lamp with a red cylinder or uses very dim light, which should stand behind his back when painting. The room must be darkened so that he does not see what he paints.

Now he does the Hagal-rune and meditates intensely that he can suceed in making a very beautiful picture.

Later, the meditation can be directed to a specific goal.

After this, the practitioner sits down in front of the cardboard, takes the pallet in his left hand and dips the fingers of the right into the turpentine. His thoughts must always be directed to the success of the experiment. Now he brings about the "void-thought" state; his thoughts are completely eliminated and he will unconsciously plunge his fingers in the paint and wipe on the cardboard, always repeating. If his thoughts start up again and he still has the strong urge to paint, he does it until he no longer feels the influence.

Now he turns on the light, cleans his fingers with turpentine and he will be very relieved and amazed at the strange image created under external influence.

With more repetition, the images become purer and clearer in color.

The influence from the other realm is so strong that in a few minutes these pictures are created. I already have large formats, for example I can produce 60x90 centimeters in 20 to 30 minutes.

The student should not believe that he has to have talent for painting and drawing to do this experiment. This occult painting, or rather finger wiping, has nothing to do with contemporary art, and anyone can do it. The purer and nobler the practitioner is, the higher and clearer are the inspiration and the color effect of these pictures.

These images have a strong magical effect and possess fine-energy currents that greatly flood over the viewer, enliven him, calm him, awaken his strong will and his higher feelings and impulses. For a long time, of course I was very doubtful about the great effect of these magical pictures and believed that it was my imagination fooling me into thinking this was phenomena. I let these pictures act on other sensitive people and so I came to the conclusion that they radiate and have a powerfully exciting vibrational power. My research is not finished yet.

Through an experience, I was particularly attached to the power of these pictures.

I had painted a picture on my porch in the above way under the progressing, waxing moon and fell asleep. When I woke up, I took the picture into the room, lit the light and looked at it. It was a sort of ice landscape with strange beings (the color effect was white, blue, purple and silver gray). Suddenly a strong fatigue came over me, which I attributed to exertion. I went to bed.

With the picture, it has now the peculiar effect that when I look at it, a strong need for sleep always comes over me which causes fatigue and yawning, and I can see this also in other persons at the sight of this image.

The well-known painter and physicist Dr. Friedrich Teltscher also came to similar conclusions in his experiments.

The student will see from the above how important it is to approach this experiment with a pure heart and noble desires, otherwise demonic images could emerge which could cause great harm. Therefore, the student is always aware of his responsibility.

The second way. The advanced student first performs some rune exercises and meditates that he will now send out his astral body in recollection (the finer body is not bound to any distance) and asks his spiritual guide for protection and help.

The sending out of the astral body follows, as already explained.

I warn the practitioner not to use any artificial means, since illness, even madness, can be the result if the finer body stays away too long from the gross body. In natural development, the spiritual guide always provides help and advice.

When the student awakens from his trance state and the experiences and pictures appear in his mind's eye, he thinks sharply that he now succeeds in capturing these impressions and pictures in color. He introduces the "void-thought" state and proceeds as given in the first way. After the successful experiments, the practitioner should examine every message as to whether there can be any deception or telepathy.

The student only approaches the research of the circumstances on other planets later. Since our astral body is still somewhat tied to the gravitational pull of our planet, it must be redesigned according to the planet one is to visit, which is not so easy. This whole process cannot be described in words or made clear at all. When the student has reached this maturity level, he will also receive advice.

Also, I cannot say that the finer body directly visits other planets, rather there may also be a link at the limit of our earth, a radio-like receiving station with the spiritual guide, who visits the planet with his much finer body, with which it is closely connected. Also, in this state, high, cosmic thought waves and clairvoyant sights can be picked up, which are then reflected on upon awakening as experience. Be it as it may.

In your sacred duty and activity to help the sick and emotionally suffering with deeds and advice, you, dear brother, can use the following medicinal herbs well in addition to your beneficial magnetism. The greater and more selfless your help, the nearer you are to God, Allfather. The eternal love for your brothers and sisters grows in you to a bright flame, because the need of our race is great and it lacks pure, conscious leaders.

Your occult powers are now highly developed: you have a great power. Now go forth consciously and create your circle.

Hag-All gives you power and counsel,
Your knowledge will now turn into action!

The Effects of Medicinal Herbs on Various Diseases and their Relationships with the Planets [17]

1. Under the table of Saturn

Farrenkraut (Fougare male) Fern as an excellent remedy for blood flow.

Hirschzunge (Cetera or Sclopentre) Hart's Tongue Fern as an excellent remedy for spleen disease.

Steinbrech (Saxifraga) Saxifrage as a hemostatic agent.

Philopthetella for the four-day fever.

Sevenbaum (Sabina) Juniperus Sabina as an abortive.

Cocles has the effect of making hair grow.

Baumfarren Treefern or Angelfoot (Polypodium) against consumption.

Schäfertasche Shephard's Bag (Taporella) for irregularity (diarrhea), and dipped in vinegar for bleeding.

2. Under the Table of Jupiter

Balsamkraut (Balsamine) Balsam herb is used to heal internal and external wounds.

Betonie (Betonia) Betonia for constipation, is blood purifying.

Leinsamen (Lin) Linseed, an early treatment agent for hardened ulcers, also serves to prevent wasting.

Tausendgüldenkraut (Centauree) Centaury is good against gallbladder obstruction and depreciation.

Sauerdorn und Johannisbeere (Epine vinette et groseliers) Sourthorn and Currant, a specific remedy for breast diseases, cooling the heated liver and reducing stomach heat.

Jelängerlieber (Feucrion) Italian Woodbine, (Perfoliate Honeysuckle) (Lonicera caprifolium) used in septic fevers, in emaciation, and cleanses the blood through the sweat.

Flöhkraut (Perssicaire) Flourweed (Persicaria) serves for gout and heals all wounds, even when the flesh has already rotted.

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17 From Karl von Eckartshausen: *Aufschlüsse über Magie.*

Wollkraut (Bouillon Blanc) Wool Herb (Great Mullein) is used to heal wounds; it is consolidating, mainly it serves against vomiting of blood, and when used in wine, it provides women with monthly cleansing if their flow is too great. If you pick it in the month of August when the sun is in the sign of Virgo, under the full moon, it serves against all blood flow issues if you just hold it in your hand.

3. Under the Table of Mars

Nessel (Les orties, urtica) Nettle. The leaves soften tumors, dry them and liberate people completely. Remove the tartarus from which gout is created. The grains thereof, mixed with cooked and foamed honey, help with chest heaviness and Pleurisy.

Distel (Cardo) Thistle. Of all the species of the thistle, the seed root is a cure for Pleurisy and all stinging pains; they also help with emaciation.

Waldreben (Bugrane) Ononis spinosa abates liver problems, heals consumption, drives off stones and also helps with Pleurisy.

Wolfsmilch (Petite Esule) Wolfsmilk, Spurge consumes and softens the lichen (durillons); the spirit of it heals dropsy.

5. Under the Table of the Sun

Saffran Saffron. Its oil and its color strengthen the spirit of life and dispel melancholy; the decoction of it helps with the hectic pace.

Zitronen Lemons strengthen the heart, encourage and multiply the spirit of life; the seeds drunk in wine serve in pestilence fever and heal radically.

Der Lorbeerbaum (Laurus) The Laurel tree resists poisons and heals all poisonous bites; its leaves improve spoiled water.

Der Weinstock (Vitis) Grapevine. The grapes produce force and increase the spirits; a broth made from those which have been peeled without heat is a great fortifying agent in all diseases which are caused by weakness.

Atlantwurz (Emula campana). (Elecampane, Inula Helenium). The oil of it makes the eyes and face clear. It also strengthens and preserves the wine in which it is poured; the famous wine, drunk morning and evening, heals chest heaviness.

Johanniskraut, Durchwachs (Millepertuis) St. John's Wort cleans wounds and consolidates them. It also helps internal wounds; when it is distilled, it closes the vessels that burst in the vomiting of blood; it is sweat-inducing and dispels all genera of worms.

Eschbaum (Le firene) Ash Tree strengthens the heart. Its sugar heals the wounds caused by poisonous animals.

Melisse (Melissa) heals the liver and lungs. The spirit and the decoction of it strengthen the elderly and maintain the vivacity of youth.

Ringelblume (Souci) Marigold strengthens the eyes and decreases inflammation when one washes with a decoction of it.

Ewigkeitsblumen (Immortelles) Eternity Flowers give a good Silze.

Rosmarin Rosemary increases the spirit of life, strengthens the brain and the heart, drives cold humidity and circulation out of the body; and helps against tumbling and maniacal rage.

5. Under the Table of Venus

Lilien (Lilia) Lily. The water distilled from it helps women in childbirth, reduces the pain and is generally helpful to the bearer. The oil also heals very depreciated breasts, results in a beautiful face and drives away spots.

Tallilien (Lilia vallis) is a good means of strenghtening the minds of lunatics and helps against tumbling. It is also applied to women in labor.

Nenufar (a certain type of Soulflower [Seelblume]) heals dizziness and cramps.

Rose (Rosa). The salt from the rosewood helps with a mother's blockages and is strong.

All fragrant herbs belong in the table of Venus.

6. Under the Table of Mercury

Nictimeron heals all internal inflammations, heated fevers, and redness.

You pick it when the moon is in Mars with Mercury.

Kamillen (Camomillum) Camomile is picked at the same time; it heals colic, makes the lungs ready to discharge and helps with internal blockages of the parts of the body.

Bohnen (Fabae) Beans are very unhealthy; but burnt and crushed like coffee and boiled in water, drunk three times a day, serves against [ingested] sand and grit, and dissolves stones radically.

Margaritae, the pearls of which purge the bile, they dissolve stones with the salts of their tartarus combined with water; they heal the blisters of the tongue and mouth, as well as tumors in the throat.

Trefle (Klee) clover. The fragrant one strengthens and heals the tumbling illness and strangury. However, one has to take the spirit out of it.

Wacholder (Genievre) Juniper. The spirit of the wood, leaves and fruit heals dropsy, colic and asthma.

Hollunder (Sureau) Elder. The decoction mixed with the flower helps with hamorrhoidal conditions.

Drachenwurz, Schlangenkraut (Serpentine and Nomulaire) Dragon Root helps with asthma.

Anis Anise. The spirit of it heals obstructions of the bowels.

Rubeben strengthens the memory and mind.

Majoran (Marjolaine) Marjoram is good against lethargy and apoplexy when the oil is distilled from it. Internally or externally, it heals nerve ailments.

Haselstaude (Coudrier) Hazel-Tree. The spirit taken from the wood when the moon is in conjunction with Mercury helps with eyesight and is good for the face.

All of the herbs described above of which the manner of using them is not expressly indicated must be taken in decoction.

7. Under the Table of the Moon

Kohl (Le Chou) Cabbage. The water from it cleanses the bile and burns up all problems caused by dampness.

Melone und Gurke Melon and cucumber. The water distilled from them heals caustic fever and stomach inflammation.

Knoblauch, Porree and Zwiebel Garlic, leeks and onions mixed together and the spirit pulled out, fertilizes the brain and restores it.

Alraun (Mandagora) Mandrake is for melancholy and erysipelas.

Mohn (Pavot) Poppy. The double is very good for the brain when it has been previously purified with the oil of the juniper (genievre).

Einfacher Mohn (Pavot simple) Simple poppy seeds. The simple, which grows without planting, serves against heat of the liver and the blood. It is very good in heated fevers and heals the redness which comes from an inflammation of the blood.

Linde (Tilleul) Linden. When the moon is in the sign of Gemini, distill a water from it, which will induce the time of the month (menstration) in women and will heal the tumbling illness and diseases of the abdomen.

Paonien, obtained when the moon is in conjunction with Jupiter in the sign of Cancer, also induces the time of the month (menstration) in women; the seeds of it have the same effect and cure epilepsy.

Pilz (Champignon) Mushroom, used as food gives a pale face and steals the natural color, it makes watery moisture, and is very dangerous to those who are inclined to dropsy.

Herbs and Remedies

I add to these tables the following that have been successfully tested by me.

Adlerfarn Bracken Fern

is a good rub against rheumatism and gout. The leaves are put in alcohol. Fresh fern roots boiled out and given to bathers are also applied to the aforementioned conditions.

Akazie Acacia

The leaves of it boiled into a tea have a purifying effect on the blood and constipation.

Aloe

Boil half a leaf with 1 teaspoon of juniper berries and fennel to serve against abdominal distension and blood flows of the head. It heals white flows and induces the monthly period.

Altheewurzel Allthee Root

well overcooked is an excellent remedy for coughing and hoarseness and to release the secretions of mucus.

Andorn Horehound

grows on paths, fences and heaps of rubble, blooms white and has a balsamic smell. It has quadrangular, hairy stems and ovate leaves covered with whitish wool. Horehound resists suffocating cough, tracheal and lung disease, consumption, lack of menstruation if it is anemic, and jaundice.

Angelikawurzel Angelica Root

is a plant of the parsley family which reaches almost man-height. The rootstock is curled and knotty with numerous thick fibers. It is light brown on the outside and white on the inside. When cooked, Angelica Root provides an excellent remedy for diarrhea, chronic skin rashes, intestinal spasms, bloating, nervous weak states, white flow, chronic rheumatism and intermittent fever.

Apfel Apple

eaten raw has a purifying effect on the blood. Apple peel tea is used for inflammation and fever. Apple eaten with sweet almonds has a strong effect on the mind and nerves. The latter is especially recommended to those who work with the mind.

Augentrost Eyebright

is a white masked flower. Its slender, almost round stalk, a pyramid-like, soft-haired stem has ovoid leaves. Taken as a tea, Eyebright has a healing effect on hoarseness, earache and headaches, and put on small pieces of cloth on the eyes, eliminates eye inflammation.

Baldrian Valerian

grows on slopes, ditches, on swampy meadows and in woods, has a short rhizome, has upright, ridged, knotty stems and flower stalks with reddish flowers. Its leaves are different. The root made into tea is used in chronic nervous diseases, for insomnia, nervous anxiety, dizziness, creeping nerve fever, tension, half-sided headache, stomach spasm and colic.

Beifuss Mugwort

grows in ditches, vacant lots and the like. It has gray leaves and roundish flowers. It is used successfully as a tea for spasmodic manifestations, roundworms, jaundice and rheumatic diseases.

Beinwell Comfrey

has a thick fleshy root, dark green, rough leaves and bell-shaped white and purple flowers. The root cooked out is a very good remedy for tracheiti, intestinal catarrh and lung diseases, diarrhea, stirring and internal ulcers.

Benediktenkraut Blessed Thistle

has a hairy stalk 30-40 centimeters high, belongs to the rose flowers and overlooks shady places, fences and old walls. It has notched leaves and yellow flowers. Benedictine herb made into tea strengthens the stomach, the digestive and abdominal organs and is sweat inducing.

Birkenblatter Birch Leaves

The leaves of the birch have a diuretic effect and they are used especially in rheumatism, gout, bladder, kidney disease and sciatica with success. They invigorate the mucous membranes of the stomach and intestines and also promote digestion.

Bitterklee Buckbean

grows in ponds, rivers, marshes and meadows, has a stem of 20-30 centimeters in length, is long-stalked, has threefold leaves and blooms white reddish. Buckbean is used for abdominal complaints and stomach diseases.

Breitwegerich Plantain

Also called Sheep's Tongue, it has juicy, spoon-like leaves. It is used for intestinal ulcers, intermittent fever and lung diseases. For toothache put the fresh root in the mouth.

Brennessel Nettle

Stinging nettle used as a tea cleanses the blood and the whole organism, has a favorable effect on liver, spleen and lung diseases as well as intestinal ulcers. It is diuretic, it stimulates the stomach and pancreas, strengthens all organs and is good for pulmonary hemorrhages.

Brombeere Blackberry

against asthma, urinary trouble and blood flow problems; boiling the stems, leaves and blooms is an excellent remedy.

Brunnenkresse Watercress

has roundish leaves and white flowers with yellow anthers. They are used for glandular tumors, mucus flow of the lungs and intestines, chronic skin rashes and bladder disease. For lung diseases it is highly recommended to eat it raw.

Dotterblume Marigold

has golden yellow shiny flowers. The leaves and flowers drunk as a tea are a good remedy for jaundice.

Eberwurz Carline (Common) Thistle

has many-petaled flower heads with elongated closing fruits; has small, only hand-high rifty stalks, serrated leaves that are woolly underneath, bluish flowers and it grows in calcareous places. Carline Thistle strengthens the stomach and nerves, expels roundworms and affects the intestines and internal organs. In the case of blood and skin contamination, Carline Thistle is highly recommended.

Ehrenpreis Speedwell

has circular fan-like flowers, is hairy at the bottom with the tips of the ascending stems creeping; it is short-stalked, has oblong leaves, has rose colored flowers and it grows in dry places in the forest. Speedwell is an excellent home remedy for respiratory complaints, chest and lung diseases, mucus of the chest organs, and for long lasting mucus build up with much mucus ejection. It is also used for chronic urinary and bladder diseases.

Eibisch Hibiscus

has a strong fleshy root, a high, felty stem with almost finger-thick branches, cloudy green heart-shaped, notched leaves, many-petalled flower stems, white silk-like petals and a split fruit containing ten partial fruits. The root when cooked gives a good remedy for mucus build up, chest trouble, bladder problems and diarrhea. The infusion is used for mouthwash, eye bath and washing.

Eichenrinde Oak Bark

cooked into a tea it is applied in gastric and intestinal bleeding and for metabolic diseases.

Enzianwurzel Gentian Root

taken mixed with Arnica flowers as a tea is very good against gout and eliminates uric acid.

Erdbeere Strawberry

against stone diseases, bladder and kidney disease and abdominal distension.

Eukalyptus Eucalyptus

The leaves made into tea are slimy. Eucalyptusol dispels bad breath.

Fenchel Fennel

taken as an infusion eliminates flushing, stomach and intestinal cramps, intestinal gout, prevents excessive processes in the digestive system and acts as a milk-enhancing agent for women.

Fichte Spruce

A decoction made from 2 young cones taken as a tea is used against consumption, chest and back pain, skin diseases, nervous disorders and works against diuresis and purifies blood. Boiling the young cones and using them for bathing gives the body strength.

Fliederblüte Lilac Flowers

taken as a tea is a sweat-inducing remedy which is applied to colds.

Gänseblumen Gooseflower (Maaslieb)

leaves, flowers and root taken as an infusion serves as a light laxative for children. It is an old folk remedy for breast diseases and stagnation of the time of the month.

Gerste Barley

One usually uses the decoction to make barley water, which helps with diarrhea, dysentery and strong cough. It has a very good effect in poultices as well as enemas.

Gundelrebe Ground Ivy

has angular, hairy, slender stems, heart-shaped, greatly notched marginal leaves and pale blue jaw-shaped flowers. The Ground Ivy is a very effective remedy for diseases of the mucous membranes, especially the thoracic organs, respiratory problems and metabolic diseases.

Gurke Cucumber

eaten raw is a good remedy for kidney weakness as well as liver swelling. The juice of the cucumber softens the skin and keeps it nice.

Hagebutte Rose Hip

Its leaves as a tea heal coughing, pulmonary consumption, kidney and bladder problems. The tea of dried berries prevents the formation of urinary stones.

Hauhechel Restharrow

flowers reddish and white. The creeping root is finger-thick, sticky, dark brown outside, whitish inside and bitter in taste. It is an excellent tea for rheumatism, bladder problems and dropsy. The decoction of the root is a diuretic and is recommended for urinary and chronic blenorrhoea.

Hauswurz Houseleek

has a perennial root and numerous short trunks with a rosette of fleshy, ciliate, elongated leaves on top. It is rosy red. The leaves taken as a tea are used for their cooling properties against inflammation, fever and bladder problems. It is used externally for bad wounds, for ulcers and for the expulsion of freckles, warts and corns.

Heidekraut Heather

serves against skin rash and redness of the skin. As a blood purification tea mixed with stinging nettle this is an excellent remedy.

Heidelbeeren Blueberries

dried immediately help with diarrhea. The leaves taken as a tea make an excellent remedy for diabetes.

Himbeere Raspberry

If the monthly period or diarrhea are too great, cook the leaves and drink them as tea. The raw berries crushed eliminates frostbite in a short time.

Himmelschlüssel Heaven's Key

grows in damp places. As a tea, it is sweat-inducing, it eliminates headaches and swollen face.

Hirschzunge Heart's Tongue Fern

has a wheel-fan shaped corolla, a tall, hairy stem, hairy, ovoid leaves, yellowish white flowers and it grows in meager fields. Taken as a tea, it brings relief in the case of lung diseases, mucus in the lungs, and it also has a healing effect in spleen diseases.

Hirtentäschel Shepherd's Purse

grows in meadows and on field edges, has small greyish-white flowers and is applied as a tea against abdominal pain, nosebleeds and urinary complaints. With too much blood loss of the monthly period, it prevents bleeding immediately.

Holunder Elder

The flowers and leaves taken as a tea are used in cervical issues and colds, and are sweat-inducing.

Huflattich Coltsfoot

has heart-shaped, coarse-toothed, gray felty leaves. One finds it in fields with clay in the soil, at ditches and streams. It acts against excessive mucus build up and mucus ejection as well as in pulmonary and tracheal tuberculosis.

Ingwer Ginger

drunk as a tea eliminates body cramps.

Isländisches Moos Icelandic Moss

gives a bitter bile-like tea which is a potent, effective remedy for chest trouble and tuberculosis of the lungs. It aids in digestion and has an anti-mucous effect.

Johannisbeeren Currant

is taken fresh against fever, measles and palpitations. In case of cerebral inflammation put the crushed currant leaves as a poultice on the head.

Johanniskraut St. John's Wort

One recognizes it by the upright double-edged, gnarled upper stalk, and by the long egg-shaped, transparent, dotted leaves, grape-like umbel and yellow blooms. As a tea, it is used for bleeding, diarrhea and gout. The dried herb placed under the head is a good dimming agent against spiritual, unpleasant sensations.

Kalmus Calamus

has a stalky, branched, articulated rhizome with many blue fibers. The two-lined leaves are sword-shaped, pointed, and between them stands the double-edged shaft, pressed together. Calamus root is used for digestive weakness, mucous congestion and obstruction of the intestinal tract, as well as for dropsy and chlorosis. It is also given to teething children to chew. Externally, it is used for baths and rinses and is recommended for ulcers and sagging gums as well as in all diseases of weakness.

Kamille Chamomile

One uses it as a tea for bloating, stomach cramps and colic. Externally one uses it as a poultice for gout, toothache, etc. You can also use chamomile for rinsing, bathing and enema.

Klettenwurzel Burdock Root

is found in woods, has an upright, gnarled upper stem and round, heart-shaped, often large leaves. It is a blood cleanser and has a diuretic effect. Apply for stones and rheumatic ailments.

Knoblauch Garlic

cleanses the intestines and frees them of parasites.

Knöterich Knotweed

grows on country roads and fields. It makes an effective tea for respiratory diseases.

Kornblume Cornflower

as a tea works against jaundice. As a poultice it has a healing effect on inflamed eyes.

Krauseminze Spearmint

has a stimulating effect on the digestive organs. As a tea it used for stomach cramps, bloating and diarrhea.

Kreuzkraut Groundsel

has a tall knotty stalk with thick, heavily divided lobe-shaped leaves and yellow flowers that stand in small bushes at the end of the stems and branches. As a tea, it is a good de-wormer and it brings on menstruation. It also softens and divides rashes and promotes festering.

Kümmel Caraway Seed

has a soothing effect and eliminates bloating.

Lavendel Lavender

has rhomboid cover leaves and grey-blue flowers. As a tea, Lavender works for blood rush in the head and as a poultice for injuries and poor circulation.

Lein Flax

Linseed boiled gives a slimy drink which one uses for diarrhea, intestinal diseases and inflammation of the air passages. As a poultice, flax is used for ulcers and tumors.

Liebstöckel Lovage

has a bulbous root covered with fibers, has large, long-stalked, multi-feathered leaves and a meter-high stem at the end of which sit the dense yellow flower protectors. Root, stem, leaves and flowers make a tea, which is used especially in arteriosclerosis. It also has a favorable effect on the abdominal organs and the integumentary system. It is further recommended for poultices.

Lindenblüte Linden Flower

The tea has an anticonvulsant, perspiration-inducing and stomach-strengthening effect. It is used for throat and lung ailments as well as for gargling, rinses and baths.

Löffelkraut Spoonwort

It grows near salt mines, it is a biennial or perennial with a spindle-shaped root, heart-shaped root leaves, short-stalked, egg-shaped stem leaves and white flowers. Spoonwort should only be used fresh as an infusion for rheumatism, dropsy and chronic pus flow. It has a soothing effect as a gargle for cervical and mouth ulcers.

Löwenzahn Dandelion

Dandelion is an excellent remedy for liver, spleen, kidney, gall and intestinal disorders. Even with diabetes, jaundice and cancer, dandelion is used successfully. It acts as a diuretic and intestinal cleanser.

Lungenkraut Lungwort

grows in deciduous forests and bushes, has a crooked rootstock and a four centimeter high, stiff-haired stem with first red, then purple flowers. The root and slimy-tasting leaves make a healing tea for lung and throat ailments and mastitis, as well as hemoptysis.

Malve Mallow

grows on paths and in meadows, has a fibrous root, a long stalk, and between the leaves grow red-rimmed flowers. The flowers and leaves have a very slimy secretion. Tea made from them is used for throat diseases and tumors. For ear complaints let the vapors penetrate into the ear.

Majoran Marjoram

has ovoid, dull leaves and round white spiked flowers. The leaves and flowers boiled to tea are proven for gastric spasm, bloating, uterine weakness, gland tumors and lack of menstruation.

Meerrettich Horseradish

Horseradish is an excellent remedy for impurities of the blood (it expels the uric acid from the blood), as well as for rheumatism, gout, stomach and intestinal disorders. It promotes digestion and stimulates the gastric mucous membranes. For diabetes, loss of appetite, cold and catarrh it is highly recommended.

Melisse Melissa

Of the mint family genus, it grows in the garden and has ovate notched leaves that have a lemon-like odor. Blossoms and leaves drunk as a tea are used in cases of bloating, hysteria and convulsions, and externally for poultices which are to split up.

Möhre Carrot

Carrot, eaten raw, serves as a blood purifier. The squeezed and boiled juice is used for ulcers.

Odermennig Agrimony

belongs to the rose flowers, with a spiral-shaped goblet, rough-haired stems and serrated leaves. It grows on houses and paths and it blooms almost the whole summer. The leaves drunk as a tea have a stimulating effect on the digestive organs and correct breast, liver and kidney problems.

Paradiesäpfel Tomato

Eating it raw is good for digestive disorders.

Petersilie Parsley

It is recommended to boil it and place it on inflamed eyes. The root is used in dropsy. It has a diuretic effect.

Pimpernell Pimpernel

grows in wet meadows and blooms white. The cooked root is used for respiratory complaints, throat problems (goiter), coughing, hoarseness and paralysis of the tongue. It loosens mucus and is very effective as a gargle.

Preisselbeerkraut Cranberry

serves against bladder problems and menstrual cramps.

Quecke Couch-Grass

belongs to the grasses, also called grass root, dog grass and pointed grass, is a weed 1/2-1 meter high, has a 5-10 centimeter long head and grows everywhere. The root and stalk are used for kidney and bladder problems.

Quendel Thyme

grows on hills, forest edges and in dry fields. It has a prostrate stalk, short-stalked, dotted leaves and bubbly, purple blood. It is drunk as a tea for menstrual cramps and also for digestive disorders and body cramps.

Rettich Radish

has an anti-mucous effect and promotes digestion. In kidney, bladder and gallstones as well as in liver disease, dropsy and tuberculosis, it is very healing and is especially advised as a remedy.

Rosmarin Rosemary

belongs to the mint family, has pale blue flowerlets and grows in the garden as a tall shrub. Rosemary drunk as a tea eliminates indigestion, dizziness, blood rush to the head and infections of the kidney and bladder. Externally, it is used as a herbal pillow for bruises, congestion and glandular swelling.

Salbei Sage

is a kind of half-shrub, has round, woolly leaves with whitish-green color. The flowers are violet, in the form of a pharynx, the bloom is also blue or white. The flowers are sixfold together. Because of its high content of tannin the tea is used for arteriosclerosis, bloating, gout and rheumatism. It is highly recommended as a gargle for neck diseases.

Sanikel Sanicle

belongs to the family of umbel carriers, has upright petals, white or reddish flowers, long-stemmed, toothed leaves, and it grows in shady mountain forests. The root and leaves drunk as a tea are used for internal ulcers, vomiting of blood and gastrointestinal disorders.

Schachtelhalm Horsetail

grows on sandy soil. Drunk as a tea, it has a diuretic effect on bladder catarrh, gout and rheumatism. Even with persistent bleeding it is of good effect.

Schafgarbe Yarrow

The leaves of yarrow strengthen the stomach and are excellent for fever, spasmodic pain, lung catarrh and intestinal disorders. It is also favorable for arteriosclerosis and heart disease.

Sellerie Celery

Celery is good for rheumatism, bladder and nerve diseases. It acts as a diuretic and thus separates all bad substances from the body.

Spitzwegerich Plantain

A blood-forming remedy for those with a history of hypertension, and a curative for lung weakness, plantain is narrow-breasted and bileous and is also used successfully for skin blemishes.

Stachelbeere Gooseberry

Gooseberries well-ripe have a healing effect on liver ailments.

Steinklee Sweet Clover

can be found on paths and in wet meadows. The leaves and flowers are used externally as a poultice for gland inflammation, hardening and rheumatic joint swelling.

Stiefmütterchen Pansies

The leaves and flowers drunk as a tea cleanse the blood and have a laxative, urinary and sweat-inducing effect. Also used in glandular diseases and rashes.

Storchschnabel Cranesbill

grows in woods and bushes, has a rough-haired stem, upright flower stalks, red flowers and leaves with three to five divisions. For urinary trouble, flux of blood affliction, diarrhea, and externally in the case of wounds, ulcers, eyesight and hearing disorders, apply a decoction of Cranesbill leaves.

Taubnessel Dead Nettle

has a six-toothed calyx and a flower crown. The white Dead Nettle grows in undeveloped places. The white blossoms plucked from the goblets and

swallowed as tea purify the blood and have a calming effect on the heart. In a poultice, apply the dried leaves to hard tumors and old afflictions.

Tausendgüldenkraut Centaury

also called Feverfew, has fork-shaped, oval, elongated leaves, red blooms in umbrella-shaped umbels, and it grows in meadows and along dirt roads. The dried leaves give a wholesome tea and it is applied for mucus, missed menstruation as a result of emotions, colds, and also as a blood purifier.

Thymian Thyme

has long stems, ovoid leaves, small red flowers, and it grows in sunny places. The infusion is used for coughing, mucus and anemia. Externally it is used for wounds and paralysis. In poultices and baths it exerts particularly beneficial effects for body aches and nervous weakness.

Tomate Tomato

One should only eat the tomato raw if it is to have a healing effect. It is an excellent remedy for all disorders of the bloodstream, kidney, gallstone and feverish diseases, as well as purulent inflammation of the stomach and nervous weakness.

Veilchen Violet

Violet leaves dried and used as a tea are very effective in children's chronic skin rashes. The blooms boiled with the honey of bees make an old home remedy for whooping cough.

Wachholder Juniper

belongs to the Cypress family. It is a shrub or tree that bears black berries, has bulky branches, has needle-shaped leaves and is found in dry forests. Juniper berries drunk as tea increase urination and purify the blood. They are used for urinary and venereal diseases, gout and dropsy. Herbal baths with Juniper berries are an old home remedy for rheumatism, kidney and bladder problems.

Waldmeister Woodruff

has a broad creeping rhizome, quadrangular stems, bristly sharp leaves and white flowers. It grows in shady deciduous forests and has a purifying effect on urinary and bladder pain, pharyngitis and dropsy.

Walnussblätter Walnut Leaves

The leaves and shells taken as a tea purify the blood and eliminate rashes.

Weintrauben Grapes

are good to eat in abundance and have a very favorable effect on rheumatism, gout and suffering of the intestines. Yellow grapes are good for liver ailments, stomach ache, indigestion and blue grapes reduce skin rashes. Grapes especially increase nerve activity. The leaves of the grapevine drunk as tea have a blood-purifying, urinary and sweat-inducing effect.

Wermut Wormwood

Wormwood tea has a healing effect on the stomach, strengthens it and stimulates appetite. For heartburn, vomiting, diarrhea, intestinal weakness, anemia, gastritis, gall bladder and liver disease it is very strengthening, invigorating and healing.

Zitrone Lemon

eaten raw is a good remedy for heart failure. Red skin becomes supple and white when rubbed with lemon juice. Lemon is also recommended for hair care: it makes the hair fragrant and loose and gives it a nice shine.

Zweibel Onion

Onion is especially used for digestive, intestinal catarrh, lack of appetite, nerve pain, shortness of breath and pain in the throat. It has a significant healing power of very special effect.

Onion increases the body's internal warmth. One also uses it successfully on frozen limbs. Rubbing the scalp with onion juice eliminates hair loss.

Further, the garlic bulb is an excellent preventive against diseases of all kinds. It eliminates digestive disorders, intestinal diseases, prevents the deposition of uric acid, arteriosclerosis, lowers high blood pressure and especially cleanses the blood and intestines.

Heisse Sandbäder Hot Sandbaths

Afterwards, a rub with boiled vinegar, with frequent repetition, eliminates lung disease, catarrh, and bronchitis. Protect yourself against sunburn with a parasol.

Treatment with *Heilrunen*

All runic knowledge is a spiritual revelation of immeasurable divine cosmic forces which are revealed through the freeing of the cohesive substance in man through memories, and which in an earlier existence of our immortal *Ich* in the pure-bred, Ur-Aryan Germanic form of our ancestors, unhindered and not burdened by foreign blood, was used for the blessing of all humanity.

We are now living at the beginning of a great period of time in which the pure, high, Aryan racial body is consciously cultivated, so that in the future the reborn Aryans will be able to develop in all their divine spiritual power and thus create the high time of humanity.

Our ancestors were able to heal the sick through rune words and stances. It is now necessary to regain this ancient knowledge. Therefore, I will now give some of my *Heilunen* exercises which have been tested with good success.

Before each treatment, the practitioner takes up the I-rune position again and then follows the breathing exercise. He meditates, focusing fully on the patient, that he will succeed in healing and that he does not absorb any bad substances. Afterwards he speaks in a low voice with rhythmic breathing: "A-E-I-O-U."

This is followed by one of the following rune exercises.

After completion of the *Heilunen* gymnastics, the *Ich*-rune position is taken up again, and with rhythmic breathing the five self-sounds U-O-I-E-A- are pronounced backwards while the practitioner expels all bad substances from him again.

In all subsequent exercises the patient has to lie on a sofa with his head to the north, while the healer stands at the patient's head. In all medical treatments it is important to remember that the particular rune is chanted in a low voice in a way that the patient still hears singing in different pitches and thereby the waves of force respond differently in the body of the patient and make all organs vibrate higher.

I would like to say in advance that these *Heilrune* positions are initially only to be used as a side-treatment. The experienced magnetopath and healer will achieve very good results. He does not need to keep to the following instructions, but can use the rune positions individually. Also, I have found that in the choice of the rune much depends on the practitioner as well as on the patient, and it is subject to the special key rune of every German. If one has discovered this, which is easily possible after practicing the rune positions already given, it is recommended to also use your own key rune in all *Heilrune* positions. In the following I will only make

suggestions, so it cannot be considered completed research. If the dear reader practices, seeks and collects, we will soon return to the high, Aryan knowledge of the *Heilrunen.*

For Headache and Feverish Illnesses

The Fa-rune ᚠ is applied. The radiation is bright red to the seer. If other colors are detected, then other parts of the body are sick or there is an unfavorable influence in the room. The best way for the user to observe the color scale is in private practice. But I advise not to put too much emphasis on the astral colors in the beginning, but rather on good healing success. The seeing of the colors emerges later more intensely by itself.

For Throat, Liver and Nerve Disorders

The I ᛁ and the Ur runes ᚢ are to be used. The colors are I ᛁ light blue and Ur ᚢ orange, as well as light green.

In Melancholia and Glandular Inflammations, Enlargement of the Lymphatics

Use the Eh-rune ᚹ. The color is pale yellow.

For Chest and Lung Ailments

The Othil ᛟ and Ur ᚢ runes are to be used. The colors are Othil ᛟ light violet, Ur ᚢ orange.

Chest, Back and Heart Ailments

Use the Othil ᛟ and the Cross + runes. The colors are Othil ᛟ light violet, Cross rune + pink.

In Diseases of the Digestive Organs

The I ᛁ and the Ka ᚴ runes are to be used. The colors are I ᛁ light blue, Ka ᚴ all white, slightly yellowish.

For Kidney and Bladder Problems, Pain in the Loins

Use the Cross + and the Hagal ᛡ runes. The colors are Cross + pink, Hagal ᛡ light green, often shining indigo blue, or red and white with dark stripes.

For Infections and Skin Diseases

Use the Not ᚾ and Laf ᛚ runes. The colors are Not ᚾ dark red, and Laf ᛚ fire red.

In Case of Accidents and Injuries

The I ᛁ and the Man ᛘ runes are to be used. The colors are I ᛁ light blue, Man ᛘ purple.

(The Man-rune is a very potent magnetically banishing, operative healing rune. It is the fifteenth rune in the Futhork. "*Eine funfzehn machen*" makes a break, an ending. As a healing rune it closes wounds, stops blood streaming and wards off illness. In the Latin alphabet it is the thirteenth and middle letter, and for this reason it is sacred.)

For Skin and Bone Diseases

Use the Fa-rune ᚠ. The color is bright red.

For Nerve and Tendon Pain

The Sig ᛋ and the Man ᛘ runes are to be used. The colors are Sig ᛋ pure clear blue, Man ᛘ purple.

For Blood Disorders, Gout, Rheumatism, Arteriosclerosis

The I ᛁ and the Tyr ᛏ runes are to be used. There colors are I ᛁ light blue, Tyr ᛏ pure gray.

Remote Treatment by *Heilunen*

Before the healer takes up a rune position, it is good if he is informed about the patient's illness in order to be able to use the correct rune position. After prolonged *Heilunen* gymnastics the rune expert will also be able to feel the disease accurately when he does the Hagal-rune, if he does not already know it.

Before any long-distance treatment, it is advisable to do the following meditation, in the summer with open windows, in winter in a well-ventilated room.

The rune practitioner, with the body completely uncovered, takes up the I-rune position, does breathing exercises and starts with the rhythmic breathing already explained, while he circularly strokes the navel with his left hand and meditates that his solar plexus now has a higher vibration.

After five minutes, deep breathing follows, with the breath extending for at least 28-30 seconds. The healer then imagines a fine web of nerves, fibers, rays, and currents that move to the right in strong oscillations in the solar plexus. The experienced healer and initiate can visualize the solar plexus very well. This is followed by three simple deep breaths, then rhythmic breathing, while he strokes to the left around the navel with his right hand and meditates that his solar plexus, now turning in the opposite direction, has a much stronger, amplified vibration. After five minutes of practice follows the deep breathing again. This time the breath is to be stopped for at least 32-35 seconds and he tries to see the solar plexus in a stronger left turn. Now the practitioner visualizes how the circular solar plexus collects all magnetic forces in itself and thus significantly strengthens its vibration. After a short pause with calm deep breaths and full relaxation, the rune practitioner grabs the hips with both hands in a tight I-rune position, so that the two middle fingers of each hand touch on the backbone while the thumbs are on the hips and point forward. He starts again to breathe rhythmically and brings that breathing in line with jolts of both hands over the backbone, while meditating that his sympathetic nerves become more and more animated. After about five minutes (the time can also be extended) the deep breathing follows, in which the breath is to be stopped for at least 30 seconds. The hands now calmly stroke the spine on the left and right. The practitioner now mentally sees his sympathetic swinging up the spine in powerful, serpentine movements. At the same time he tries to feel the vibration of a fine current from the solar plexus, which is connected to the sympathetic and becomes ever stronger. Then he removes his hands from his hips and goes into the easy deep breathing, but continues to meditate quietly, and puts the left hand in the middle of the chest where the heart of Jesus is, so that the fingertips touch the first ribs from above. He continues to pay attention to his sympathetic, but at the same time tries to feel a fine sound in the middle of his chest.

Then follows a short break for a few minutes.

The healer stands again in the I-rune position, facing north. He puts his left hand across his forehead, his right hand over the back of his head, and with rhythmic breathing he strokes slowly with both hands. He thinks of his pineal gland circling and starting to work. He follows this with deep breathing again, in which the breath is to be held for 30 seconds. He now sets in his meditation that his pineal gland oscillates in the strongest large circles; it widens and magnifies, whereby it receives a strong influx from the solar plexus and the sympathetic, as well as from the heart of Jesus.

Afterward, he removes his hands and says with complete willpower:

"The healing with cosmic forces will succeed in me completely. My body is now receptive and ready to send!"

Now he relaxes completely, head to the north, trying to stay in the "void-thought" state for one minute.

Then he begins the long-distance treatment, in which he will have very good success if he does it how it has been explained. It is advisable to face the same cardinal direction in which the patient is to be found. In this case, the healer may receive forces from the north, and send them to the south or west. It is also highly recommended to carry out the above exercises in the course of direct care by performing these exercises before going to or receiving patients, as this will make the healing power that is sent act with considerably more power. Since a trained, conscious thinking with medical treatment by *Heilrunen* is absolutely necessary, I give the following closer explanation.

If one thinks of something, say a landscape, a person or an object, then one holds on to these thoughts positively and imagines them to be quite intense and alive. The tighter we grasp the thought, the clearer, bigger, and brighter it seems to us. Now, if we keep fixing it in our mind's eye, it will pull us closer, grow, expand and become more powerful. If we delve deeper into our thoughts (landscape, person, object) and we focus our eyes on it using the conscious will, the object in question will become larger and much closer to us. And the more we now think inwardly into this object and look into it in conjunction with the strongest willpower, the more it will appear more tangible and more concrete through our power and might. We should not cease to focus on the object, to increase our will while we clearly discern all the details, parts, even movements of the person, scenery, etc. Watch closely. The whole process is based on the forces within us, which come into contact with the cosmic All-wave forces outside of us. If we did not have parts of the earth and the cosmos within us, then we could neither think of nor see the corresponding outside of us.

In mental vision, the image is developed out of itself, which then collides with cosmic waves of fine energy and develops more and more concretely before our eyes through these opposing forces. This spiritual seeing has nothing to do with imagination, but is reality, as the practitioner after a while can readily ascertain in comparison with the material object or the person concerned. I can warmly recommend this type of meditation to the dear reader as this path also leads to a reliable clairvoyance and creates a faster, safer connection when treating the sufferer remotely. Of course, with this type of thinking, you will be able to perceive and see more than you initially thought. Through the magical waves of force that flow within us we draw cosmic waves up and down, and our own internal waves of force are thus increasingly developed, thereby allowing us to see in a much more concrete and crystallized way. The whole history is based on nothing more than the highest possible development of our inner magical power.

In untrained, undeveloped thinking, confused, chaotic images often fleetingly catch the eye, which could be described as an empty fantasy, but they also appear as feared caricatures at night as confused dreams.

The magically trained man is completely in power; what his inner mind calls forth is not fantasy, but something primordial: it is reality.

The Sidereal Pendulum

I think it is important that the dear reader deals more fully with the pendulum. It will be very useful to him in his development as well as in practical life. It is known that the farmer uses the pendulum as a practical aid for testing hatching eggs: whether they are fertilized or unfertilized, male or female. It tells us whether a medicine, a remedy is useful or harmful to the body, whether food is beneficial, also for objects, metals, precious stones, wholesome chemical products, character traits in a photo, handwriting, etc. I have often found that for those of a spirited nature, the pendulum is very lively and swings around widely, while it reacted very little for the weak of will and spirit.

For thc rcader who is unfamiliar with the pendulum, I will give brief instructions.

The reader should use a silk cord or a thread the length of the forearm, to which he attaches a piece of hard coal of 15 to 20 grams, a brass weight or the like. There are also ready-to-use pendulums to buy. Recommended is Duphorn's precision pendulum. Wrap the other end of the silk cord once around the tip of the index finger or clasp the right hand lightly, extend the index finger and thumb, then take the thread end between these two fingers while the other fingers are slightly clenched. This averts disturbing radiations. It is recommended to warm the pendulum in the hand slightly before use. Now keep it still, a centimeter over the object to be studied. One should support the elbow firmly and securely on a table, as is best to avoid fluctuations. It is a requirement that the pendulum user behaves in a passive and patient manner and does not mentally influence the pendulum, but only observes the vibrations.

Circular swinging is considered harmonious and affirmative, positive male.

Dashes are negative and unfavorable, oblique dashes are very bad.

Ellipses are semi-good or neutral, negative female.

Variations from circle to stroke or ellipse indicate the extent of how transient the harmonious relationships are.

These are the simplest guidelines for the beginner. The more one deals with the pendulum, the more magnetic one becomes and of course one also gets increasingly better swinging movements. Write down the experiences and results.

It is advisable to prevent the pendulum from being used by others, if it is to work reliably. It is best to always carry it with you because then it will keep the necessary Od.

When dowsing living bodies, humans, plants and animals, the pendulum will react in the same way at any point in the body. Only in sick or dead areas is the vibration weaker, and in death, it stands still. If one puts a hand under the pendulum, then one can determine the basic vibration of that person. It should be noted that the outermost ends of the fingertips result in other patterns because the radiance of the fingers irritates the pendulum. A clenched fist gives a much stronger vibration. Snipped hairs on a glass plate or unmodified paper give the same vibrations as the person concerned. It is interesting that the pendulum moves over photographs in the same way as on the person concerned. It is the same with manuscripts when written with ink, as well as with hand-painting, handicrafts, etc. So pictures, handwriting, paintings, etc., are surrounded by the same radiation, astral vibration, as the person himself.

With the pendulum one can easily determine whether a manuscript, a writing, a drawing, a picture and many other things, are forged. One only needs to compare the forgery with his photograph or true handwriting, on which one determines his personal pendulum vibration and compares it with the falsification. The result will be infallible. The age of the manuscript, pictures etc., do not matter.

If one dowses the photographs of the deceased, one will be able to determine exactly the vibration of the person concerned, whether he is dead or alive, it does not matter. If one holds the pendulum exactly over the heart area of the picture then it will stand still above the image of a deceased person even if the pendulum user himself does not know whether the person in question has already died. I have often been presented with very unfamiliar pictures of the living and the deceased and not once did I ever get the wrong verdict.

The pendulum swings over gold in a circle of male positive and over silver in an ellipse from south to north, female negative. It resonates over men (photos) and female homosexuals. Over "man-women," it goes in a circle, and over those of female persons and womanish men, in the form of an ellipse from south to north. Similar phenomena occur in objects worn by these persons. With a strong mental image of a person, the pendulum also reveals the same vibration.

Mr. Kallenberg discovered that the pendulum also indicates mental defects insofar as it did not react at all.

If you want to dowse the character of a person, proceed as follows: put handwriting, a photo, etc., on the left in front of you while you write a character or property on a piece of paper and place it at a short distance next to it on the right. If the person to be analyzed possesses the property written down, the pendulum moves in large ellipses from one object to another when held over it. If there is no agreement, then the pendulum remains at rest. The well-known pendulum researcher Wächter-Höchst achieved very good results and observed that if the pendulum wants to go in an elliptical

form, it first makes 21 circles, then 63 ellipses, and finally stands still. If it does not respond, the property in question is absent, and depending on whether it is far-reaching or executes only narrow ellipses, the properties in question will be assessed.

Also, as it is with the pendulum, so it is with the rod. I have been able to find underground water sources, ore and coal for many years, which was later confirmed to me as accurate.

If the dear reader has sufficiently familiarized himself with the pendulum so that he can rely on it, he should make several sheets of colored paper and try to make all the colors of the rainbow quite naturally, even in their different grades and transitions like rose to the tender violet, or green to the golden green etc. He writes down the pendulum movements and curves of each color exactly and dowses for several weeks every day through the colors until he has dowsed and knows perfectly the vibration of each color. The pendulum movement must coincide exactly with the specific colored paper. I advise the practitioner to attach particular importance to this and to exploit as much as possible every opportunity for color dowsing. He will master the vibration of every astral color after weeks of eager study. It is natural to closely observe the pendulum vibration in intersecting, attracting or repulsive, harmonic and dis-harmonic colors. If there are no more failures in color dowsing, then the practitioner is able to establish the astral colors of men and animals. Dowsing will do him great service because he knows immediately if the dowsed person is ideal, limited, greedy, sensual, devious, jealous, etc. Black will always result in an oblique dash, indicating malice and satanic thoughts. I do not specify direct pendulum rules because the pendulum works differently for each person. I often found that the rules of other pendulum users did not correspond to my own, and I often got the same results with quite different pendulum movements. Thus it is best if each pendulum user complies with his own rules, curves and pendulum movements. He will also reach his destination much faster.

The human races can also be dowsed very well. I have often found that members of the Jewish race showed the oblique dash or stroke from left to right in the pendulum direction and highly developed Jews showed very narrow, long ellipses from left to right above. Germanic people strike a big, wide circle to the right, mixed Germans around to the left. For criminals and murderers I noticed the following pendulum curve: an oblique dash, which was crossed on both ends several times inwards by vertical lines.

Rune Pendulum Dowsing

If one wants to use the pendulum with runes, it is necessary to spend some time on the pendulum so that the pendulum already has a bigger, freer swing. The practitioner proceeds as follows: he sits comfortably at a table.

Then follows the breathing exercises already given. The pendulum is held over a freshly washed and dried glass plate. Now the pendulum user begins to silently sing a certain rune, as explained in the rune position exercises. He initiates the "void-thought" state and only pays attention to the pendulum. Now he will be very surprised when he sees that the pendulum swings at the correct chanted rune. If one wants to do remote treatments by *Heilrunen*, the healer only has to put the handwriting or the image of the patient on the glass plate, to breathe and to think with full willpower that the pendulum will now indicate the particular rune position most appropriate to the patient. The pendulum is kept calm over the image or the handwriting, the "void-thought" state is induced, and the pendulum is observed as it now indicates one or more runes. It should also be mentioned that numbers, even direct mathematical formulas can be dowsed, which I have often tried in my astrological practice. Also with spiritual research, the pendulum will always be able to perform well. The pendulum offers a great, not yet recovered knowledge of our ancestors.

With the above, I have given the reader only a few short lines, but enough to give him good results and success, with endurance and patience. Practice makes the master.

Awakening

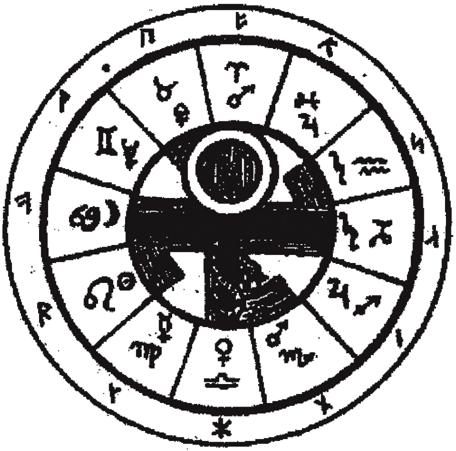
The nightly shadows vanish,
Ending my rest.
O night, how many dull deaths,
Eyes you pressed down.
But I am given anew
Because it desires my fate,
A day of new life,
And life never stands still.
So let yourself receive, rejoicing.
You sun in the east,
So fiery clear,
Strengthen my burning desire
For the brothers to fight faithful and true.
There are slumbering brothers and sisters,
Many more in the night of existence,
But between today and yesterday
Some are awakened again.
Give, lord, her drowsy eyes
Glowing beams from your sun:
Light, that they will be suitable as trailblazers
In the holy fight for the highest good.

Nothing avails the helpless cry of the masses
For freedom and human rights,
Too heavy is the burden of foreign tyranny
On our German race.
So let us pray, because praying means thinking,
In the morning after the night of our race,
That we will once again steer our fate:
And in ruins, beat the foreign power.

W. R.

A Short Description of the Aryan Astrological Signs of the Zodiac

Astrology is religion, art and science at the same time. Astrology is the knowledge, the doctrine of the connection of man with the universe. It leads to the origin of all being and shows us the infinity in the macrocosm and microcosm. Astrology brings us back to nature and brings us the deepest knowledge of God.



This old die is the horoscope of the world, the seal of the macrocosm for our solar system which was handed down to us from the knowledge of our wise Aryo-Germanic forefathers from Paul of Alexandria. This die is many millennia old. We see from it that the sun, the moon and each of the planets roam in their own homes. The planetary positions of this die is not a random one but is modeled on the cosmic archetype. It is the Ur-type for the astrological order of the planet houses. I cannot go into the horoscope of the world here, but I pass on this old die, which testifies to the great cosmic connection of our ancestors.

My intention is not to speak more about astrology here, rather I am only bringing a brief characteristic of the zodiacal types which are to help the student to attain a true knowledge of human nature. It is recommended to the dear reader to memorize these character descriptions and to make use of them in daily life.

♈ The Sign *Widder* (Latin Aries) ♈ – Fa

From March 21 to April 20 the sun is in Aries.
The ruler of this sign is Mars.

Positive

The Aries-born have dry, muscular, slender bodies, their heads are broad at the temples, the chin narrow and the eyebrows thick. They are brave, bold, domineering, energetic, pioneering, aggressive, ambitious, enterprising, ready to fight, proud, generous, they achieve their goals, do not like bother and trivialities, are very generous and have a great sense of duty, a firm will and a lively spirit. They are quick-tempered but calm down again just as quickly, they do not shy away from anything and go on to their target without fear, they can offer great things and are faithful in marriage. They have prospects of professional self-reliance, healthy judgment, good taste, quick temper and are often thoughtless and jealous in their actions. They easily fall into extremes in that they neccessarily approve of one thing but inflexibly reject another. It is very difficult for them to wait, to endure and to submit, whereby they have much struggle and resistance to overcome, but in the end they are victorious. Aries people are very eager to learn, are good associates, they love orderly, idyllic environments and know how to help in every situation. They are very benevolent and expect little. They have difficulty getting into the mind and feelings of another person. They are very inventive and educable, free in their views and have an interest in the public (politics). Aries people enjoy sudden changes, are great nature lovers and love sports. They place value in soulmates and reach goals in life through strange experiences, adventure, speculation or the like, in good living conditions. In youth, they have a lot of quarrels with educators (teachers), especially because of their choices of career.

This sign is influenced by the following diseases: bloating, internal disturbances, abdominal cramps, headache, disorders of the digestive organs and accidents with the eyes, hands and feet. In general, they enjoy good health and strong vitality.

Love bonds or marriages, which are ended early, often overwhelm them, as differences easily arise. Greater journeys are undertaken. They have good luck in industry, art and the arts and crafts. The profession brings many obstacles but the goal is achieved. Friends assist them in their progress, but some of them become enemies and try to harm the Aries-born. He is yielding to his friends and does not see their failings. He will have difficulties negotiating money-related processes, with the opposite sex playing a role. There are many hostilities caused by their own faults, but they are short and harmless. They advertize their own ideas in an enthusiastic, energetic manner.

The female Aries is proud, level, faithful in love and affectionate. In marriage, she exhibits the qualities of the conscious, independent woman and energetically represents the interests of her husband. This sign brings the blessings of good children. The Aries-born are very magnetic and have good occult powers.

Negative

Too much impulsiveness and foolhardiness is inherent in the negative of the Aries man. He falls prey to extremes, is stubborn, thoughtless, unreasonable in his demands and expectations, contentious, intolerant and brutal. If he fails, he pushes the blame onto others, creating difficulties and disappointments. His willpower is not well thought out, he can be very violent-tempered, confused, destructive, corrosive and nervous, especially when he is having verbal exchanges with subordinates or co-workers, of whom he demands a great deal. After outbursts of anger and violent temper, there are strong headaches which disappear again during quiet work. The negative Aries-born also wants to be dominant, if the abilities, powers and knowledge are not lacking. Great jealousy that can destroy everything is present. He tends toward boasting, cruelty, vindictiveness and debauchery. He is fickle, unsteady and very fanatical in his views, as he also shows religious fanaticism, stubbornness and ruthlessness bordering on brutality. Great extravagance and love of entertainment is inherent. He has strife in relationships. He must learn to overcome his mistakes and to force himself into calmness and patience, to practice love, tenderness and kindness, in short, to control himself. There is a risk of accidents due to too much recklessness and daring. Marriage brings quarrels and difficulties and it leads to divorce. The negative Aries tends toward infidelity and has no sense affection for children or family life. The job, the work brings many obstacles, quarrels and difficulties; friends will cause him harm. In public life he will gain many enemies.

The color of this sign is bright red.

Aries is compatible with Leo, Libra and Sagittarius.

Aries is a fire sign (cardinal).

♉ The Sign *Stier* (Latin Taurus) ᚢ – Ur

From April 21 to May 21 the sun is in Taurus.
The ruler of this sign is Venus.

Positive

Taurus men have a short, powerful and sometimes ungainly physique, a strong skeleton, a tight neck, a broad face with big eyes and a friendly look. They are *Drüsenmenschen* and are very receptive to

inspiration, generally of calm character, steadfast will, readily trusting, believing, possessing a great deal of economic diligence and a strong mindset. Silence and restraint are inherent. Their inner life observation is quiet and contemplative and they do not reveal their own views if they do not agree with others. The Taurus-born are very self-absorbed and have a great sense of self-assurance, diplomatic skills, perseverance and persistence; when they start something they see it through to the end. They require tangible reality, they know how to think their work through well and thereby gain quite a lot of advantages. They require more from others than from themselves at work. The Taurus tends to wait and hesitate, is very cautious in money matters, can be ambitious, stubborn and defiant, and it is very difficult for them to take the advice of others. He loves openness but tolerates no contradiction or he becomes slightly upset. He wants to go his way undisturbed and does not want to quarrel with anyone. He is well suited to a pleasant family life, but he wants to be master in his dwelling. He upholds his marriage, but she is exposed to disturbances and the Taurus-born usually survives his spouse, which causes him great suffering. Love plays a significant role for him although the material is not forgotten. He always has a great love for the opposite sex, he tends toward affection, is very much for good food and drink, and above all is a connoisseur of all the pleasures of life. He is faithful in love and friendship and helpful in times of need. The Taurus-born always wants to rule and thereby creates much unpopularity among his subordinates. His self-esteem often degenerates into defiance and conceit. He is against liars, schemers and thieves; he is tough and relentless. If one does good by him he is very kind and generous. He loves the natural, is helpful, likes to take care of other people's concerns and affairs and does everything for the love of the cause. He has a lot of imagination, has a good memory, learns easily and feels attracted to agriculture and crop farming as well as to animal breeding. He is very sensitive, loves nature, the sciences and arts and tends toward philosophy. This sign gives good opportunities for prosperity. The Taurus-born is also unreliable in his promises. In middle-age he earns the most money; gifts or inheritances are to be expected.

He often has disputes or disagreements with the siblings and his relatives are not well disposed toward him. He is happy with his parents, especially with his father.

This sign results in a rich blessing of children. It has a tendency toward the following diseases: of the throat, kidneys, liver disease, rheumatism, gout and in women abdominal disorders.

The Taurus-born has many friendships, some of which are very useful and bring him good material benefits. He has few enemies, but they make him angry and worried.

Negative

The negative Taurus has a great aversion to everything occult, is overly materialistic, stubborn, defiant, sensitive, untruthful and domineering, and when he is irritated he becomes furious, insane, brutal, ambitious and vindictive. He cannot forgive and forget. He is opposed to any good advice and the work of others is not good enough because in his opinion only his performance is good. He has a great laziness and stubbornness, is quarrelsome and cruel to his enemies, dogmatic and critical. His habit, as well as his exaggerated jealousy, can do him great harm. He lets himself be guided too much by his sympathies and antipathies. Often there is great heaviness of the mind, hedonism and lust, abnormal tenderness and perversity. In anger he is blind and because he clings to his ideas and views, he has many struggles to endure, such as a disharmonious marriage, anger and worry from the children, divorces, bad friends and bad secret enemies that harden him. With promises, he is very lenient and does not hold them; he has many trials and assets and inheritances are squandered. Exaggerated pursuit of sex and pleasure results in sexually transmitted diseases and at the same time falling out with the relatives.

The color of this sign is light blue, green and white.

Taurus is compatible with Cancer, Virgo and Capricorn.

Taurus is an earth sign (fixed).

♊ The Sign *Zwillinge* (Latin Gemini) ᚦ – Thorn

From May 22 to June 21 the sun is in Gemini.
The ruler of this sign is Mercury.

Positive

The Gemini-born is slender, has a slender face, a pointed chin and a long nose that is often slightly curved. The look in the eyes is sometimes a little sharp, staring. The Gemini man likes to gesture and nod the head, has a versatile, lively, critical mind and a lovable, flexible, well-tempered character. He is very eager to learn and skillful in speaking and writing. An overview of the current events will gladly be given. Often he acts differently than he talks. His literary, journalistic talent is of value to him. At times, however, he is undecided in his actions. He is a nervous person, he always wants to see and assess everything. He is generous, friendly, very nervous in his movements, can rarely sit quietly, is a bit long-winded, but also smart and wary. A strong urge for activity is inherent. He has a good predisposition to spread new ideas. He is very helpful to the poor and often deals with the concerns of other people out of a feeling of religious purpose. He makes a good press person or traveling salesman. Sometimes he is easily agitated and irritable, but quickly calmed down again; he remorsefully tries to make

amends. The Gemini has an inventive mind, is a good methodologist, is passionate about the arts and sciences, is a good speaker and has talent for teaching, especially young people, with great humanity. He is especially capable of teaching understanding to children. He is interested in everything. His strong diligence and speed in all areas distinguish him. He continues to search for something new and different for a change, because a great drive for action does not let him come to rest. His interests alternate; he has an interest in mathematics as well as in art. He has deep passions and a firm will but is influenced by moods, which animate him. But many a high goal is attained because there is a great deal of toughness and perseverance. Sometimes, however, there is indecision, which seems to be a hindrance. And if other planets do not diminish it, there is a strong materialistic world view. There is some danger of falling into contradiction with scientific evidence or of losing in trivial matters. Difficulties with other people and his hidden desire for domination are a hindrance to him. The women tend somewhat toward hysteria.

This sign is very sensitive and has a tendency toward spiritual refinement, but often the intellect is stronger than the feelings. Gemini people sometimes live in exaggerated fear and worry that easily turns into self-torture. His strong will is often so even that one might think him weak. There is a tendency toward extremes.

The Gemini-born usually marries several times in life and it is difficult for him to be faithful. He is little blessed with children, but he spoils his children.

He is very clever, has great skill in legal matters and commerce, loves everything beautiful, nature and art, but also the city life, the sensation and the publicity. This sign results in shallow acquaintances and few true friends. A wise and clever use is made of that which has been discovered and learned. Restlessness and selfishness, as well as frequent shallowness, must be fought and overcome.

The Gemini likes to recite, whereby he easily speaks too feely and impulsively which can result in irony, mocking criticism and sarcasm, causing him harm. His life is subject to much change: at one point he lives in poverty, at another time in prosperity. His financial situation in good or bad relationships becomes strong through the influence of the opposite sex. In his own family there are secrets that are very much imprinted on the mind. Married relatives bring much anger and strife, while he gets along well with siblings.

This sign has a tendency toward nervous ailments, headaches, skin rashes, shallow breathing and weak lungs.

In love, there are several inclinations, also in jobs, several functions and positions are represented. He has the prospect of a good job. There is great affinity for literature and commerce. The strong nervous temperament easily results in difficulties with authorities. This sign brings tenacious

hostilities, losses through secret love adventures and through the opposite sex.

Negative

The negative Gemini is characterized by great talkativeness, inclination to dishonesty, selfish thinking, cunning, rapier-wit, nosiness and slyness. He is restless, superficial, unstable and overpowering in business. He shows a certain *Naseweisheit*, combined with bossiness toward young people as well as great instability and ambivalence in his nature. He is brutal, energetic against subordinates, distracted, very selfish and likes to wave his arms about. He has a peculiar, pathological pride, a tendency towards strife and argument and is extremely mistrustful, sly and untruthful. His fury, pessimism, cowardice and anxiety, and the great inclination to exaggerate will do him harm.

The negative Gemini man always has several things going at the same time because he is undecided in his actions. Women suffer from hysteria and mysterious anxiety.

His illnesses are: ulcers, hemorrhoids, sexually transmitted diseases and nervous breakdown. Much is destroyed by his own fault. Through his enemies, scandals, damage and dishonor arise. His friends are also treacherous and through them he experiences betrayal and losses.

The color of this sign is bright yellow.

Gemini is compatible with Aquarius and Libra.

Gemini is an air sign (movable).

♋ The Sign *Krebs* (Latin Cancer) ᛟ – Othil

From June 22 to July 22 the sun is in cancer.
The ruler of this sign is the Moon.

Positive

The Cancer-born are of medium height, have a rounded head and slightly wide-set eyes. The nose is straight and slightly truncated. They are very receptive to ideals, possess a good imagination, strive for knowledge and understanding and are sentimentalists. They are characterized by a special intuition and a strong memory. They can be impatient and determined, clever and subtle in their conduct and actions, changing in their views, sensitive and receptive, very stubborn and unwilling to be controlled. Cancer people are particularly suited to business life; they are hard-working, agile, restless, excitable and capricious. Their self-indulgence is often a hindrance to them; people who think differently condemn them. They are well suited for family life. The female Cancer is especially very homey, motherly caring and devoted. They are very attached to their children and

have a tendency to inconspicuously take the lead in their own circle. They love luxury and expenditure, but are also in favor of a simple life. Their feelings and senses are very subject to the influence of the moon. They have clairvoyant ability at certain times and are very medial at all times. They tend toward religiosity and have a philosophical mind as well as a good adaptability. They can also be vain and overbearing. They like to make use of other people's ideas. There is a strong desire for motherhood in the women. Cancer people have a great sense of home and family, love a cozy home and want to help and care, but also require to be cared for themselves. They are hospitable and generous, they have a talent for music or acting and like to impersonate others. In their sympathies and friendships they are very alternating. They like to travel and hike. Instability and variability bring much change in life; the Cancer-born is only firm and steadfast in his ideals. They defend their families stubbornly and thoughtlessly. They are benevolent and yielding to others. But they feel slightly disadvantaged. There is a tendency for joy and cheerfulness but they allow their moods and feelings to control them a lot. They keep secrets. Appreciation from other people should not be expected too much. The tendency to be controlling easily gives rise to conflicts. They are connoisseurs of all great pleasures in life. They are prone to exaggerated thriftiness and little things are of too much value to them. They mourn for losses and damages too long, while they have a strong desire for better living conditions. Tears come easily after disappointments. At times, they can be exaggeratedly suspicious and cautious, and then again suddenly happy and cheerful. In general, they are quick-tempered and angry but quickly reassured. They have good memories, a sense of art, are very sensitive, influenced by their environment, a bit timid, gushing, and especially the female Cancer often suffers from moods and whims. She is characterized by much cunning, cleverness and diplomacy. The necessities of life are always available. Wealth is won with great difficulty. Inheritance is easily lost through false speculation. They also have losses from children and relatives or from love affairs. They are lucky with things that are related to water and fluids, while they suffer losses through play and carelessness.

The second half of life is structured much more favorably and successfully than the first half. Later in life after difficulties come profits, windfalls, inheritances, donations and the like. There is much anger and strife with siblings and relatives.

The Cancer sign has several children who will cause some concern.

A marriage brings assets. Friends and acquaintances will benevolently support the Cancer-born and some will even support them financially. Their enemies are secret, cunning and work behind the scenes. Some are to be found among relatives and acquaintances. Slander or scandal is often used to harm the honor of the Cancer-born.

They should ask for less and give more for it, then their lives will be much more auspicious.

Cancer is prone to the following diseases: headache, stomach ailment, rheumatism, kidney disease and wounds on the legs and feet.

Negative

The negative Cancer-born is very self-absorbed, revolutionary, stern, hard, adventurous, capricious, vindictive, domineering, wasteful, cowardly, addicted to money, unstable, changeable, lazy and sluggish. A strong, jealous, sensual imagination and thrill pulses through them. As a result, they are able to act ruthlessly and inflict cruelty on their fellow human beings in order to debase them. The negative Cancer-born can be controlled by his moods, looks for a life of luxury and extravagance, exaggerated clothing, etc. They are devious, suspicious, eccentric, violent tempered and weak-minded. Those of a medial predisposition tend toward fraudulent spiritualist undertakings, cunning, slyness, strong jealousy, too little trust and hope, they can easily be ill, hypersensitive, and bad demonic influences act on them because of their low attitude. Loss of wealth by daring speculation or by the opposite sex, by fraud and theft, is not out of the question. Many pitfalls and obstacles, trials and difficulties, false, uneducated, stagnant friends, and deceitful secret enemies, slander, scandals and intrigue caused by themselves, fall upon the negative Cancer-born.

The color of this sign is light green and violet.

Cancer is compatible with Pisces, Scorpio and Taurus.

Capricorns or Tauruses marry them out of true love.

Cancer is a water sign (cardinal).

♌ The Sign *Löwe* (Latin Leo) ᚱ – Rit

From July 23 to August 22 the sun is in Leo.
The ruler of this sign is the Sun.

Positive

The Leo-born is of medium height to large size, has broad shoulders, a well-developed chest, reddish skin, a proud head posture, a majestic gait, a penetrating gaze and a powerful voice. He is very compassionate and mild in judgment, has a sincere character, nobility, goodness combined with generosity, and likes to protect others from committing continued foolish actions. He is proud, generous, enduring, just, steadfast, ambitious, feels superior to others, has good thoughts in his heart, a sense of everything noble, great and beautiful, and he is gifted in good aspects. Acquired knowledge is taught to others with the feeling of being greater than others. If he discovers errors in others, then this is a great relief

for him. The Leo-born can be very fearless, powerful, bold, unrestrained, freedom-loving, generous and open. In his strong drive for action, he achieves much and gains admiration. He loves weapons, is practical and has a philosophical mind. He likes to be seen in society, just as he himself loves society, play and pleasure. He likes to choose the food, to sit comfortably and puts a lot of emphasis on cleanliness. He is very receptive to praise and reverence. Love for pomp and luxury is present. He supports friends with words and deeds. Here and there aloofness and reserve occur but this often brings him advantages while his strong temperament, his arrogance, and his pride cause him obstacles and difficulties. In old age, more goodness, compassion and benevolence prevail. Good taste, love for nature, flowers, art and all beauty as well as a great desire for life is characteristic. Promises are kept. He sticks to his views. The Leo-born is often a bit late, always has more than he can do, always wants to make a good impression, loves details and has a good sense of observation. He is a great animal lover; he especially loves cats.

In love he is easily excitable but correct and loyal, though often a little unjust. Therefore he should learn to assess himself and others correctly and not put too much emphasis on outward appearances. For the female Leo-born, love is in the moment. The women are usually very beautiful and are well suited to be educators and nurses.

Due to the existing strong will of the Leo-born, his violent temper must be defeated. By his own merit he comes to self-sufficiency or a good position. Monetary gains, inheritances, and donations are squandered. He enjoys benefits from the opposite sex. In general, he has connections to better circles. In his work he is persistent and leads everything to the goal. He is challenging and belligerent, tender in love, well-mannered and appealing. Bad living conditions are courageously struggled through. Benefits and support come from friends in higher positions. His siblings and parents hinder his progress greatly, mostly in the first half of life.

His marriage is harmonious. In general, few children are expected. The oldest dies easily. With the female Leo-born there are often twins. In his personal life, anger and strife come easily; even with assets, regulatory inconveniences arise easily. Advantages can be won through travel. The Leo-born has many friends. With some he comes to hostility because they want to harm and slander him. His secret enemies are very cunning and cannot achieve anything despite all their intrigues.

The Leo-born have a tendency toward the following diseases: rheumatism, arteriosclerosis, gout, blood diseases and liver disease. In women, there are difficulties with the period. The Leo-born have to pay attention to their bowel movements otherwise they suffer from nervous heart affections and severe headaches. They often have freckles.

Negative

The negative Leo-born is domineering, haughty, a show off and boastful, quarrelsome, tyrannical, very unforgiving and vain. He tends toward an exaggerated discovery of errors in his fellow human beings or to apply even small subtlties as great virtues. He is a drunkard, unfaithful in love, conceited, stupid, unsteady, reckless and vivacious to brutal. There is a great love for pleasure, strong fervor and jealousy. He also wants to rule where he has no say. He is very hot-tempered; he is divided from his relations, kinsmen, friends and acquaintances and will suffer treachery. He has difficulties due to his relatives and he lives in strife with his children. Subordinates cause losses, damage and theft. His marriage is exposed to many disturbances. The female Leo-born likes to gossip and talk behind people's backs.

Losses due to great travels are to be expected. Legal difficulties occur over financial issues. The negative Leo-born has much anger resulting from the opposite sex as well as ambitious, cunning enemies who are somehow connected to the family by marriage.

The color of this sign is golden yellow, orange.

Leo is compatible with Aries and Sagittarius.

Leo is a fire sign (fixed).

♍ The Sign *Jungfrau* (Latin Virgo) ᚴ – Kaun

From August 23 to September 22 the sun is in Virgo.
The ruler of this sign is Mercury.

Positive

The body size of the Virgo-born is very different. The forehead is well developed. They have a critical, methodical, tactful manner, are friendly, correct, orderly, liberal, always concerned about the affairs of their loved ones and friends, practical, clever, very inventive and are able to keep secrets well. Punctuality is demanded, but also kept. They immediately reprimand errors and falsehoods. They are good speakers, like to philosophize, lose themselves in details and trifles and forget the big picture. As for their inner life they are honorable, pious and righteous, are very old-fashioned, have great imaginations, are modest, benevolent, adaptable, trusting and friendly. This sign results in a person being religious, difficult to excite and very intelligent, but often influenced. The Virgo-born clings to the letter, likes to gather new, good ideas and keeps his word faithfully. They have sharp minds so as superiors or teachers they often seem very strict. They have great zeal, are compulsive and are careful and persistent in their work. In their passions they are moderate and very affectionate in love. In general they are fair, sober, and very senstive and receptive to the moods

and feelings of others. With their practical minds they always know how to best achieve something. They are selective in their food and very concerned about their health. They cling with great devotion to their work and thus easily give the impression of being selfish. Although they are welcome in groups, they love seclusion. They hold their opinions close and their industriousness and inventiveness make them feel good in life, gaining them high positions and honors. Nothing is too difficult for them; everything is struggled through and worked out, only the big picture must not be forgotten in favor of placing too much emphasis on small details. Love of nature, land, the arts and sciences is present. The Virgo-born has a very good memory and can reflect on his childhood precisely in fine detail. They are very critical, self-absorbed, proud, sensitive, and usually have a selfish, materialistic outlook. They are very eloquent, they are prone to tinkering and inventing, they are clever, cunning and have a good sense of direction. A good position and secure living conditions can only be achieved around the middle of life. An inheritance or money through marriage is to be expected. In the first half of life many losses and difficulties occur. Virgo-born people learn a lot about other people's secrets, which they keep and understand.

There are no great emotional sympathies with the siblings, and there are secrets in the family. Few children are to be expected. The Virgo-born use their full strength for true recognition. They are spoiled in eating and drinking, they love coffee, they put a lot of emphasis on cleanliness and washing just as they themselves are very clean. In love they are jealous and experience many disappointments. Marriage brings many disputes and disagreements and often there is a second marriage which is happier. They should not be married before they are 32 years old. Monetary gains and donations are imminent. They are given to long travels, from which they get much benefit.

The profession brings many struggles in the first half of life but then prosperity and wealth are achieved.

Friendships are for the most part superficial and short-lived, and only a few will be of importance, although here too there are occasional surprises.

They are surrounded with secret, powerful, shrewd and cunning enemies who always endeavor to harm the Virgo. But the Virgo knows them very well and will get revenge on them.

The good mood and feeling is very dependent on the environment as well as health, occupation, news, the weather etc.

This sign results in the following diseases: cervical, cardiac, stomach and abdominal diseases, anemia, rheumatism and weak feet.

A lot of value should be placed on having regular bowel movements.

Negative

The negative Virgo-born is overcritical, sarcastic, skeptical, nagging, heavy, selfish, cunning, crafty, scheming, harsh and strict against subordinates. He has little sympathy, is self-important, very nosy, untruthful, snoopy, places too great importance on small things, is very dismissive and proud, makes use of the secrets discovered about of others, tends to spy for capitalist, criminal circles, is exceptionally jealous, is very violent tempered and hysterical, he desires titles and honors and he considers every way to gain them to be right. He interferes in the affairs of others in order to foster disputes and strife, is a great adversary to the occult and likes exchanges of nonexistent goodwill. He is biased in questioning, while in general his speech is exaggerated. He experiences many journeys and changes of location, many losses, damage, administrative difficulties and trials. In his frivolous love of life, he is followed by constant hatred and revenge. In marriage he is controlling and brutal; separations and divorces await him. His children are without character and untruthful. His selfishness and antipathy towards his siblings make him a bother.

Inheritances, money profits, etc., deplete on the one hand through aggressions during separation and on the other hand the money is squandered by speculation.

The negative Virgo-born has few friends, but most of his obstructive friends will do him some harm.

His enemies are brutal, sneaky and vindictive.

The color of this sign is white.

Virgo is compatible with Taurus and Capricorn.

Virgo is an earth sign (movable).

♎ The Sign *Wage* (Latin Libra) ✱ – Hagal

From September 23 to October 23 the sun is in Libra.
The ruler of this sign is Venus.

Positive

The Libra-born are of medium-sized to large stature, have a slender, harmonious body and are usually long-headed to broad-headed people. They are characterized by great adaptability, good taste, a strong sense of justice, self-reliance and love of freedom. They are very sensitive to impressions, have a calm, harmonious nature, a good sense of judging different views and opinions and a great inclination to help, improve and develop others. They are very helpful and generous, careless and not deliberate enough in financial matters, often build "castles in the air" and make many mental constructs. The will is only strong when it comes to their ideals. The Libra can often find it difficult to make decisions and thus misses many good

opportunities in life; there are many spiritual thoughts, but little is put into action; they come up with ideas but are likely to leave the execution of them to others. The Libra is very righteous, always has the best intentions, is very communicative and orderly. They often find it hard to keep a promise. They work only when they have the desire to, and then incredible things are accomplished. The Libra-born is slightly quick-tempered but also quickly exhausted. They are impressionable, so what company they keep is very important. They have great affinity for technical construction, for music, for the arts, sciences and literature as well as for nature, traveling and hiking. They are cultured and well-mannered, are very accommodating, pleasant, educated and helpful, their character has a strong influence on the opposite sex, they tend to embellish their lives and they love comfort, harmony and tranquility. A tendency toward melancholy is present. The will is generally weak and is guided by moods and circumstances. Libras avoid extremes and are one-sided at times, they tend to give in, like to hear praise, but are not conceited and want to lead in their circle. They are very guided by their feelings, they can sympathize and empathize, they are sensitive, they often have clairvoyant abilities and true dreams. They alternate in their feelings, moods, and views: one minute they are rejoicing high in the sky, the next they are saddened in death. Deep passions pulsate through the Libra.

The female Libra is very sensitive and often a bit moody. Libras are very averse to brutal acts or cruelty; they can become very angry when they see acts of crudeness.

They love merry feasts and amusements and they are quiet enjoyers of all pleasures of life. Misplaced things are easily forgotten. The Libra-born learn easily and penetrate into the depths of things. One often finds that they show talent in any kind of art or knowledge. Many happy opportunities are offered to them. Prosperity, property and good position are achieved; the middle age especially brings very good results, also the gain of assets through marriage is possible. They gain their inheritances. They have difficulties and losses regarding documents. Professional changes often occur, also a change of location. With their siblings and relatives they have much quarreling and anger. In material matters they can expect most successes with associates and employees as their generosity is somewhat limited. The Libra-born easily fall prey to the flatterer.

Marriage is generally harmonious and brings them material benefits, if it is not ended too soon. Also, inheritance is to be expected through marriage. The Libra-born have few children but they will give them much pleasure. Among the relatives who are married is a person who is very hostile to them. This sign has a good sphere of activity in the public. The Libra should support others and join in organizationally and thereby improve and beautify their lives. A highly developed Libra man is also a conscious champion for his race, who, with all his might, makes himself known publicly for his concerns for the blood, in which he is free from all

dogmas and is pure and just. He then wins great successes, recognition and honors. He has many friends among artists and influential people who support him and help him create some positive results, while he can find his secret enemies among relatives, close acquaintances and also among the staff.

This sign results in prosperity and good circumstances late in life.

Libras should study astrology as it will pave their way to the height of man.

This sign is prone to the following diseases: kidney and liver disease, difficulties with the monthly period, varicose veins, rheumatism, headache and bowel disease.

Negative

The negative Libra-born is very sensitive, indifferent, cushy and without interest, moody and changeable in passions. He is indecisive, lacks energy, has no perseverance, has a weak will, is prone to exaggeration, abnormal fantasies, pleasure-loving and indulgence, extremes and wastefulness. He is lazy, joyless, petty, often untidy and very reckless and untruthful. His changing moods often push him down, he can be very weary and then hire others to work. He is receptive to flattery, he is overprecise and conceited, excessively generous, and abnormally chaotic dreams and medial affairs confuse him. He acts differently than he thinks, he learns the hard way through a constant change of feelings and views and by trials that threaten to cause him losses. There are disputes with the relatives, his children cause him a lot of anger and worry, marriage brings many fights and most of the time he marries twice. Around the middle of his life, his relatives hurt him a lot. Through his father he bears losses as well as through papers and documents. His enemies are deceitful.

The color of this sign is bright blue and green.

Libra is compatible with Aries, Gemini and Aquarius.

Libra is an air sign (cardinal).

♏ The Sign *Skorpion* (Latin Scorpio) ᚾ – Not

From October 24 to November 22 the sun is in Scorpio.

The ruler of this sign is Mars.

Positive

Scorpio is the sign of wise magic.

The Scorpio-born have a quite varied shape, a mostly muscular body, a broad forehead, prominent cheekbones, full hair and a slightly hoarse voice. Scorpios thoroughly study all their interests, people, subjects, etc. They have great energy, strong willpower, a courageous, bold character

which does not recoil, they will face any danger and have a strong inclination for everything mysterious, occult, magical and mystical. There is great interest in spiritualism, dream interpretation and astrology. They are hard to bring to anger, but then they are rough, uncontrolled, irreconcilable and vindictive. Scorpio people can be very secretive, sharp-witted, persistent, firm, thoughtful, fanciful, dreamy and self-tormenting. They are dominated by great fervor and strong passions. They are picky about their food.

Scorpio is the sign of the spirit of the race, of procreation, of the revolutionaries of the new creation and building up, and of annihilation. Scorpios should be pure and conscious: that is the will of the universe.

The Scorpio-born is always very attractive and magnetic to others, which they are aware of and know how to make good use of. When irritated, they can be without emotion. They talk about their plans and undertakings only when they are taking place. They can forgive, but they do not forget. With a high ideal of duty they are fanatical, heroic to the point of martyrdom and unconquerable. Scorpio people are geniuses of life in the truest sense of the word, highly sensual, passionate and jealous. The jealousy even drives them to violence. They hate weakness, cowardice and hypersensitivity. They are often violent tempered, defiant, critical, arrogant and lavish. They go their own way, are very smart, careful and think of their own well-being. From this sign many revolutionaries, researchers, scientists and artists emerge. They are very receptive to beautiful words, devotion and flattery. They cannot bear anyone having dominion over them because they wish to rule themselves, but they also have the strength to endure much, though others do not notice. Great egoism, strong sympathies and antipathies are characteristic of them. The extraordinary tendency toward abnormalities must be vigorously opposed. The company of the opposite sex is always sought, with the most glowing love as well as deadly hatred playing a big role. In later years a pure, noble affection will greatly harmonize and balance out, but for that, much depends on the partner.

Their material circumstances are changing and rarely favorable until the 32nd year of life; when in their 30s, they experience success, prosperity and certainty. Increase of property also occurs through inheritance or marriage.

Since they are very interested in everything, they also have a sharp, fair judgment. Often they are a bit one-sided and exceptionally obstinate, harsh, free but easily ill and offended, very distrustful and termperamental. They have a great thirst for adventure, are fond of classiness, but are also domineering and quarrelsome, easily a little bit moody: qualities which need to be suppressed and refined. The Scorpio often suffers from upset and imaginary worries. They are good speakers, like to be in the foreground and go with all their might to their goal. They have a certain curiosity for the conditions and circumstances of others; they like to be like a detective and

to be informed about everything. They do not like cirucumlocution, and if they appear better, they can also be very quiet and look very friendly, kind and pleasant. They have great ambition, tenacity, fearlessness and always reach their goal, at least when other planetary positions do not hinder them. They are easily envious of other people who achieve more than themselves. They cannot stand the interference of others in their affairs. The mistakes of unsympathetic persons are quickly discovered and reproached.

The Scorpio-born have few siblings. The father is well-disposed to them but suffers great turmoils of fate.

The sign Scorpio gives an abundant blessing of children and also friendship with the children.

The Scorpio-born marries once or has at least a few long-lasting love ties similar to marriage. A marriage or a love bond is very unhappy. Relatives of the partner play a role as well as secret, crafty enemies. Several big trips are made. Later in life there is achievement of goals, success, honor and happiness.

This sign brings many friends even among the mentally superior such as scientists, researchers and artists. Some will be very useful to him but some will be financially damaging. Enemies and many quarrels also arise through their love lives. However, in the end Scorpio is victorious over his enemies.

The Scorpio-born are prone to the following diseases: rashes, hemorrhoids, bladder and glandular ailments, headaches, wounds and contamination (sexually transmitted diseases).

Negative

The sign of black magic tends toward intrigue, lies, deceit, black magic, selfish experiments, founding of fraudulent sects and spiritualist circles. The negative Scorpio-born is extremely sharp-witted, cunning, hypocritical, mischievous, overly conceited and proud, very hot-tempered, quarrelsome, brutal, loves violent exchanges of words, wants to rule everywhere and is very concerned about recognition. He is dissatisfied with his achievements, he wins money in a dishonest way and he is filled with deadly hatred and jealousy. He seeks out extremes, has abnormal, unbridaled animalistic passions (perversity), he is over-zealous and can be very hateful. If not slowed down, expropriation of assets, detention or imprisonment is imminent. He exhibits a great destructive rage against state institutions but cannot himself suggest anything better. He is adventurous to the point of foolhardiness, overly curious, devious, spying, mistrustful and suspicious. He commits marriage fraud for money, which leads to dishonor and disrepute. As a result of his licentious lifestyle he has contaminated, corrupted blood.

Many steadfast friends surround him but also mentally superior enemies against whom he defends himself with all his strength, cunning and

slyness, but in the end he will break if he does not work his way up to being the positive Scorpio.

The color of this sign is dark red.

Scorpio is compatible with Cancer and Pisces.

Scorpio is a water sign (fixed).

♐ The Sign *Schutze* (Latin Sagittarius) I – Is

From November 23 to December 21 the sun is in Sagittarius.
The ruler of this sign is Jupiter.

Positive

The Sagittarius has a harmonious, slender, strong body which in later years develops into a full figure, a fresh complexion and the strong, ideal impulse to become nobler and better: a pursuit of higher development. Their pronounced hopefulness in all circumstances brings them ever closer to the desired goals. For the most part, they are long-headed people.

The Sagittarius is just, philosophical and prophetic, has much love of nature, sport and animals, loves harmony and peace but can also become very malicious when he detects falsehoods and enemies. They are often subject to moods and can therefore be very happy at one point and then very depressed at another. High ideals enliven them, they are good-natured, honest, benevolent, very religious, natural, and while they promise much, they often forget to keep the promise. They can be somewhat agitated and angry but also quick to reconcile, are very open and often give an incorrect view. They can talk very interestingly about adventures and experiences and they always endeavor to do good, to raise up their fellow human beings as much as possible and to help them without receiving anything in return. They often feel slightly offended, do not bow to compulsion and do everything out of conviction. The Sagittarius does well as a chairman of groups and associations that serve ethical higher development. However, he can easily be influenced by flattery. He has a tendancy toward the arts and sciences as well as toward deep studies. The Sagittarius is happy to help others with advice and support, which earns him some ingratitude. He has many disappointments. He is very enterprising, careful in money matters, neat and courageous but also sensitive, easily angered, defiant and irritable. He is also generous and kind, forgives but does not forget, is very attracted to the opposite sex, is very jealous and passionate and tends toward affection. Mentally he is clever and inventive, always finds a solution, hates lies, fraud and cowardice and has clairvoyant feelings that warn him of dangers in advance. In company he is amiable, friendly, cheerful and fun-loving. He easily gets into an elevated mood, is very religious, bright, pious, cheerful, free, feels young up to old age, and appears calm and composed

even when he is inwardly upset. With the female Sagittarius there is often a love of fashion and luxury. Mistrust brings some disappointment.

The Sagittarius sign brings years of change, career changes and uncertain circumstances up to age 36. After the 36th year they come into prosperity, inheritances, donations, windfalls, a secure position, and can count on good protection from those of a higher standing.

Worries and disputes arise easily through the siblings. In the parents' house there are secrets that are very painful for the Sagittarius. The other relatives are well-intentioned.

There are some children. The oldest creates some worries for them.

At the beginning of their forties they once again experience very favorable results and a rise and fall in happiness is to be expected. In general, the life of the Sagittarius is long and successful. They like to celebrate family reunions. In the early youth they have many true-dreams and clairvoyance. The sign Sagittarius results in two marriages or longer love relationships and several changes of location. The Sagittarius has a strong magnetism and can usually heal by the laying on of hands. They have powerful, influential, useful friends, with many benefits and much support from them, especially from the opposite sex. Enemies are numerous, deceitful and flattering and they seek to harm the honor of the Sagittarius and to destroy their marriages or life happiness. It is good if the Sagittarius manages everything personally.

They are prone to the following diseases: of the head, ears, throat, rash, rheumatism, gout, sciatica, varicose veins and nerve disorders. Particular emphasis should be placed on regularity and deep breathing, as otherwise mild signs of pulmonary and intestinal disorders may occur.

Negative

The negative Sagittarius is extremely distracted, unsteady and unruly, uncontrolled, over-eager in action, dejected, illogical in thinking, very verbose, heated, explosive, violent tempered, unforgiving and easily offended. His behaviour is foolish and impertinent, he very hypocritical, pejorative and unsympathetic, wants to talk too much and takes great pleasure in being cruel to animals although he himself is very sensitive. He is characterized by brutal domination, rude behavior, great jealousy, superficiality, carelessness and laziness in thinking. He is very passionate and sensual, in company he flatters with a big fuss. When irritated he is rowdy, raw, and cruel; he tends toward rough sports, great selfishness, love of luxury and mean pleasures. Exaggerated mistrust, malice, quarrels, strife, aversion to work and chaotic dreams have an effect. Lots of hardships, bad luck in life, separation in marriage, illicit love affairs which are very detrimental to working life, many obstacles, little happiness in life and unfavorable travels are destined for him. He has few friends and fierce, brutal, crude enemies who are even subject to violent acts from him, as well

as dishonor and slander, harm and losses through trials. If he makes a sincere effort to change to the positive Sagittarius, it is a great relief in his life and in his Garma.

The color of this sign is crimson and bright blue.

Sagittarius is compatible with Aries and Leo.

Sagittarius is a fire sign (movable).

♑ The Sign *Steinbock* (Latin Capricorn) ⅄ – Ar

From December 22 to January 20 the sun is in Capricorn.
The ruler of this sign is Saturn.

Positive

Capricorns often have a non-uniform, imperfect body, bony, weak knees, are often knock-kneed, have a skinny face which resembles a buck, an angular profile and the look is often directed to the ground. They are very industrious and ambitious; they strive for higher knowledge and power, learn easily and are deeply penetrating thinkers and good orators (though they start their speech a bit haltingly at the beginning), and have a very thorough, exemplary memory. They have little consideration for others and do not care about their affairs, but in turn they do not tolerate any interference in their own. Capricorn men are tough, willful, and enduring, persistently pursuing their aspirations. Often they are cold-blooded, belligerent and vindictive and attach great importance to appearance. They always see the future worse than it is, they worry and are easily disappointed, but for the good aspects, their trust in their own power will never completely drop. They are characterized by a steadfast will, great self-restraint, a sense of responsibility and duty, holding to what they set out to do, and it is difficult for them to choose to give up on anything. In their speech they are open and free, sometimes offensive. Capricorns always want to be at the top and to play the lord. They always want to compare themselves with others and like to draw the attention of their supervisors and to please them. They like to work longer so they can gain a higher position, which they manage to do even after disappointments and difficulties.

Superficiality is not a characteristic of theirs; although thinking is a bit cumbersome, much is learned and higher knowledge is gained. They love order, work and justice. They gladly give good fatherly advice to young people. They also have a tendency toward spying, snooping and scouting. They are very good and benevolent toward the downtrodden whom they defeated, and delight in their superiority. Sympathies and antipathies are difficult to access. Their love and hatred are permanent. They are outwardly peaceful even if they are seething on the inside. Capricorns can be frugal, often stingy: they care about the future. They are very adaptable, have a

philosophical spirit and are very skilled and gifted in all business, sciences or arts. In their work they are tireless and in their experiences they are very attached, cannot forget, are enduring and are hard to bring anger but also difficult to calm down. Their nature is often intrusive which makes them easily bothersome. Every matter is thought through slowly so they always need a longer time for their undertakings. Seriously, slowly, patiently and steadily they strive toward their goals. The strong tendency to selfishness must be reduced in order for him to become the high, Aryan Capricorn man who can enliven, give, help and advise with all his heart and soul. Then the great ascension and blessing will be granted to him. Our race still lacks the Aryan Capricorn who has become self-knowing.

Capricorn is strict, hard, often forceful and possesses great persuasion. Will to rule, to power is there. He is a good organizer who overcomes all obstacles and who knows how to convince. He is high spirited, proud, often has melancholy moods, has a tendancy toward brooding, is very much in favor of harmony, is covetous, practical, diplomatic and unsteady in his decisions. Punctuality and obedience are demanded, he attaches great importance to the external and he gladly takes over the management of larger undertakings, businesses and associations. Capricorns are very cautious and clever, they are interested in the little things in life and they have to be slowed down so that the big picture is not lost. Although their wills change slightly in relation to their goals, much can be achieved in life. They are very cautious, not very confident with others, they are often too selfish, are friendly, superficial to relatives, friends and acquaintances in conversation, and an inward, deep inner spiritual connection with another person is alien to them. Embraces, kisses and caresses are uncomfortable for them. Yet they love deeply and honestly. They place a lot of value on honor and title. Their successes in life are mainly due to themselves. It would be good if they placed more emphasis on ideals and faith. A feeling of hope must be awakened, loneliness must be avoided. Prosperity, assets must be struggled for. Help comes from friends, through the family, or through speculation, especially by their own diligence and work.

The siblings will cause him some inconvenience and there are often disputes. The parents create a lot of difficulties and obstacles for Capricorn men when they marry.

This sign brings few children.

Capricorns marry two or more times; a later marriage brings much advantage, fortune, prosperity and favorable conditions. A lot of traveling is undertaken but it is also associated with some anger and strife. A favorable polarity in the marriage can bring the Capricorn to the highest development.

Capricorns have a lot of friends, some of them are very useful and some are false and flattering. Their enemies will do them some damage. They are mainly to be found among the relatives or at a greater distance.

Capricorn is prone to the following diseases: wounds, injuries, kidney problems, colds, stomach diseases, hemorrhoids, rheumatism, sciatica, arteriosclerosis and headache. Regularity and deep breathing is important as this raises the level of hope and makes one more confident.

Negative

The negative Capricorn is very boastful, emotionless, cold, calculating, egotistical and stingy, which is why he experiences many disappointments: there is no feeling of hope present. He runs his mouth when talking with others, is very scheming, nosy and tends to sniff things out; he is suspicious, malicious, never satisfied, has a strong will, a great greed for money and he domineeringly pursues his goals in a bad way. As a speaker, he is very free, offensive, crude and repulsive in his nature, often even violent, contentious, malicious, false and vindictive. He has a great addiction to modern elegant clothing. Often he is subject to serious melancholy moods connected to dissatisfied feelings. Great will to power and the desire to stand out, whereby his boastful nature is repelled, seldom brings him into the confidentiality of others. He strives for titles, awards, honors and medals, and to achieve this he is not afraid to do anything that is right for him. He has a great inclination toward materialism. He is very striving, pessimistic and irreconcilable, can never forget, carries on for a long time, is cunning, clever, calculating and diplomatic, often quite petty, striving for high posts and recognitions, trying to reach his goal in mean, deceitful ways full of intrigue. In love he wishes for variety and change. He is very hostile to occult, intellectual matters, is obstinate and selfish. Among the negative Capricorn one finds the lower spirit of the Jews. Falling out with the family and relatives is frequent.

His own children are uncontrollable and cause him great harm. Sexually transmitted diseases often occur through a life of debauchery. Married life brings misfortune, harm, loss and obstacles.

When traveling, many hostilities and often injuries by brutal enemies are to be expected. When the negative Capricorn fights with all his might against himself and tries to make his way to the positive Capricorn, his living conditions will be considerably more favorable.

The color of this sign is black-green and orange.

Capricorn is compatible with Taurus, Virgo and Libra.

Capricorn is an earth sign (cardinal).

♒ The Sign *Wassermann* (Latin Aquarius) ♄ – Sig

From January 21 to February 13 the sun is in Aquarius.
The rulers of this sign are Uranus and Saturn.

Positive

The Aquarius-born are medium-sized, slim in youth, in later years they get more full-figured and have slightly wavy hair. They are able to make extrasensory perceptions; their great concentration makes them especially receptive to high cosmic waves and they are often clairvoyant, clairaudient or clairsentient. Above all, they are trying to fathom themselves and they are very interested in the higher humanities, especially in physiognomy, chiromancy, magic, etc. They are noble, honest, loyal, good, ideal, generous, classy and caring, but also undecided and changeable. They have good intuition and inspirational abilities. Everything is felt, sensed, percieved and studied sufficiently. Often anger and depression set in and then they are very proud of their abilities and talents. They have great affinity to the arts and sciences. They have a good eye for the doings and actions of other people, have a good innate knowledge of human nature and have a "live and let live" point of view. They can also understand a lot and therefore forgive a lot. This sign results in a preference for natural sciences as well as for occult studies.

Aquarians are very harmony-loving, humane, friendly, calm, loveable, inventive, pleasant, helpful, affectionate, open, freedom-loving, spirited and they love humor. They can become very explosive, angry and fierce toward underhandedness and meanness. In love they are passionate and their thoughts on it are very philosophical.

Aquarius is the born organizer who always knows a solution and through his steadfast will, reaches his goal. This sign brings forth many artists, scientists, revolutionaries, good leaders and speakers who work hard for new ways, ideas and directions which they make use of with all their power.

The Aquarius is pure and clear in thought, peaceful in his work, persistent and sure. In times of need he always knows how to act properly. His quick-tempered, angry nature is easy to calm down. Since he always thinks nobly of his fellow man, some disappointments will occur. The Aquarius is inclined to study, is often silent and likes to retire in solitude. He has a strong magnetism and can heal the patient by the laying on of hands. He also had a great love of nature, animals and plants. The Aquarius also loves honors, awards, titles and fortune. Often he is very ingenious and resourceful. He works in all classes and circles of the population; he has a good talent for recitation, declamation, acting or making music and has a very good taste for all art. Often he also has good literary skills.

Aquarius is also the sign of astrologers, magicians and occultists.

The financial conditions are subject to many fluctuations. Great wealth will hardly be obtained, but various jobs, especially hobbies, are paid very well. He learns foreign languages easily.

His own family, circle of friends and acquaintances will cause some damage to the Aquarius. Inheritance is to be expected, even marriage often brings assets, but it is easy to lose part of it through speculation. Much anger and strife arises concerning documents, contracts and the like.

The father of the Aquarius is usually a merchant or has to do with property, land and houses, or with food, whereby a lot of failures and losses occur. Sometimes the father meets an early death.

This sign brings few children. Usually both sexes are present, often twins. The female Aquarius often has a difficult birth.

In love there are obstacles before marriage that often become publicly spoken of or there are small public scandals. The marriage is quiet, peaceful and harmonious but it is ended early; most often there are messy issues behind this. The Aquarian is faithful; the partner comes from a good family.

Several big journeys are made and are related to the profession, often concerning secret, scientific or political matters. The profession is generally connected with secrets which are not made known to the public.

The Aquarian has many friends who bring good benefits, are very useful to them and also financially support them.

His enemies are prominent, persevering and dangerous, and they want to destroy the Aquarian. However, after a long fight he will be victorious with the support of his friends.

This sign has a tendency toward the following diseases: stomach and abdominal complaints, also frequent operations, wounds, bad eyesight, rheumatism, gout and ulcers.

Negative

The negative Aquarian is sly, opinionated, grim, deceptive, violent tempered, obstinate, conceited and showy, hedonistic, adventurous then melancholy again, downcast, suspicious, fanatical and illogical in speech. He is morbid, has medial fits and confused, chaotic dreams are noticeable. Occult sciences are used to acquire portions of public funds in a finely sophisticated, refined manner. He is very inventive, malicious and subtle in finding new ways to commit further fraud. He is pierced with great, sensual passions. In his restless, erratic thinking and acting, he is easy to influence, he strives for honor, titles and wealth and is usually a leading member of secret sects and lodges which pursue hidden material goals. He is very dependent on outward appearances, is anxious, restless, nervous, material in his thoughts and indifferent in important matters, unreliable and not punctual. He often has abnnormal, strange views and inclinations and swarms to everything extreme and morbid.

His financial situation is always changing. He is destined for loss and damage through play, speculation and secret enemies, disputes with the siblings and relatives, and anger and worry with his own children. Alimony

has to be paid at a young age. Often he has a lifetime abroad or in exile. When traveling, he is hit by misfortune and danger. Secret assignments and spying services are performed for secret, materialistic contacts.

His friends exploit him, although they also support him materially as long as he serves their purposes.

His enemies are in high positions and will be hard for him to deal with. If he does not rise to the positive Aquarius, he will be broken by his enemies.

The color of this sign is purple.

Aquarius is compatible with Aries, Gemini and Libra.

Aquarius is an air sign (fixed).

♓ The Sign *Fische* (Latin Pisces) ↑ – Tyr

From February 19 to March 20 the sun is in Pisces.
The rulers of this sign are Neptune and Jupiter.

Positive

Pisces are for the most part tall, strong, slender figures with dreamy eyes, fine hair, tender skin and weak ankles with a tendency toward flat feet and fallen arches.

Pisces suffer and go through much with others. They are too worried about their fellow human beings and always want to help, but since they cannot always do it the way they want, they often get upset, sad and find life very difficult. They are very friendly to all people, warm, loving and very generous, sincere, loyal, emotionally deep, upright, and strive to do good to others. They do not love strife and try to reconcile everywhere, are mostly religious, hold on to their views and do not want to be disturbed in them, lest they not recognize the truth. They are honest and have a fine sense and feeling of the mood in their surroundings. They have a great zeal for learning, are inclined to extraordinary studies, are poetically gifted, are eager to teach others about higher humanities and the secret power of nature, and will always see only the good while overlooking the bad. They are very enthusiastic about art and everything beautiful. They are very careful in their hobbies and enjoyment and do not want to offend anyone.

Pisces always have a lot to do, often do several things at the same time and mostly have success with them. In society they place value on formation and good education. In intimate circles, they are very comfortable, jolly and like to have fun, but are also slightly sarcastic. They are good orators but at times they are nervous, restless and confused, they are disorderly and throw all of their things into jumble, they keep asking questions, but then they do not pay attention to the answers and are fully incomprehensible. They are a bit sensual and change their passions. Idyllic surroundings and a cozy home setting are very much appreciated, they are

very sociable, they like to have guests and they usually have some acting talent. They are far-sighted and precautionary for the future, and even if this precaution is easily forgotten, it is then all the stronger. Often it is difficult for them to hold on to their own ideas because more and more are added and as a result many a good plan is forgotten. In general, the Pisces influence is friendly, warm, happy and cheerful. They think too little about themselves, are critical and need more and more time to take on a thing or a job, but then they finish it with a firm will. They are interested in everything new and often in extremes, they are very subtle and have strange, curious religious fantasies concerning conceptions. Changing desires bring much unrest in destiny. They love nature, the sky, the stars and are attracted to the water. In their work they are diligent and careful, possess a strong magnetism and can heal the sick through a pure way of life. Also their Od radiation acts on animals; their fine sense and feeling is most often connected to a magnetic voice which gives them the ability to control, teach and instruct even unruly wild animals without violence. Pisces have a good predisposition to clairvoyance and clairsentience which is particularly strong in early youth and in old age. Furthermore, they have a lot of true-dreams, are very medial and sensitive-minded and they place a lot of value on physical cleanliness and clean clothes.

They have themselves to thank for the most part for their wealth and property, and above all their work, abilities and talents. Literary, writing work brings success and is rewarded well, which is often connected to long travels. Other types of travel also bring good financial benefits. The Pisces sign promises good prosperity and wealth. Inheritance from the parents is rarely expected, also they are insignificant.

Benefits result from the siblings even though a brother or sister dies prematurely. The relatives also provide financial support and benefits.

The parents are unintentionally a hindrance to the Pisces, as usually one of the parents dies earlier and the other often marries a second time, which leads to alienation and often brings the Pisces material damage.

Married life is subject to many worries and disturbances. The partner often comes from a wealthy family and is very ill. The marriage brings also much anger, strife and worries with their own relatives as well as those of the spouse. The partner dies sooner or there is a separation. A second marriage is then happier and also brings assets. Pisces are very proud of their children and allow them to become somewhat proficient.

Changes of occupation and location occur numerous times, often two or three occupations are undertaken at the same time. There is great affinity for an occupation in the sciences or arts. The Pisces sign also indicates that true, constant happiness is found in seclusion and solitude. In joyful self-awareness, they work toward the fulfillment of high ideals in order to beautify and enhance the life of the people, which brings them honor, recognition, and indeed often even celebrity.

This sign results in high-level, influential friends who are loyal and useful to them. Their enemies are low and hateful, but cannot do much harm to the Pisces.

Pisces are prone to the following diseases: of the heart, kidneys, nerves, eye diseases, ruptures and appendix surgeries, sore feet, sunken and flat feet and wounds. In the females: abdominal disorders and difficulties with the monthly period.

Negative

The negative Pisces is very doubtful and is subject to much depression, is frequently morose, disgruntled and discontented, changeable and unreliable. He is prone to extremes, perversities, an unsual sex life, black magic and narcotics as a result of bad demonic influences at work on him. Often he is melancholy, then again pleasure-seeking, extravagant, very passionate and sensual. He can be very full of intrigue, is happy to give false counsel to those who seek help, and appears very different than what he really is. Often he is capable of great offenses and misdeeds because it is difficult to see through him as he likes to appear as the positive Pisces. In his talkativeness he always has a desire for debating and arguing. He is easily influenced by the wicked and evil. He loves variation, is always on the lookout for adventures and has a morbid imagination. In work he is sluggish and unreliable, cunning and sly, at the same time malicious against the employees, and tardy. If he gets irritated, he can be very vindictive. A strong feeling of fear can often make him destitute. In his business he is slovenly, generally suspicious, mistrustful, but very sensitive, and is often the instrument of black-magical, demonic influences. Changing circumstances, losses by speculation and by the opposite sex occur. Falling out with parents and relatives, a lot of grief and worry through the children, an unfortunate marriage and love life, and losses from long trips are destined for him. He has unreliable friends and secret, deceitful enemies.

The colors of the Pisces sign are light blue and pink.

Pisces is compatible with Cancer, Virgo and Scorpio.

Fish is a water sign (mobile).

These descriptions of the twelve signs of the zodiac can only be generalizations and should inspire the dear reader to observe and research in daily life. A precise, detailed, personal interpretation of the character and life of a person requires a horoscope that has been calculated according to the minute of birth and interpreted with intuition.

The Trees of the Zodiac and their Auras

The Sign ♈ Runes ᚠ ᛚ ✱ ᛁ The Ash Tree

The ash is the father of all trees (the world ash Yggdrasil). The Ash tree is the big flame-tree in the sacred forest of the *Halgadom*. Out of its wood our Ur-fathers made the high holy fire of their mystery practices and sacred feasts. In addition, especially lofty magical runic formulas were cut into Ash wood in ancient times. The Od radiation of the Ash is compatible with the zodiac sign Aries. Therefore all pure-blooded Aries recieve their power and strength when they are near them. Oftcn I could observe that the white beech also exerts a very favorable, soothing influence on the Aries.

The Sign ♉ Runes ᚢ ✱ ᛁ The Birch Tree

The birch (the Maypole, the lofty tree) is the tree of the hedged in, enclosed, high aspiring life.

The birch is refreshing, strong and soothing to the Taurus. With a strong Venus influence, the Taurus can also easily feel and recieve a healthy, powerful radiation from willow trees.

The Sign ♊ Runes ᚦ ᚴ ᛁ The Pine Tree

The pine is the tree of ever-moving, searching, aspiring life. Gemini are very good at harmonizing with the aura of the pine in their Od radiation and can receive a very good calming and strengthening of the nerves from it. If the influence of Mercury is strong, this is also advisable for the spruce tree and forest.

The Sign ♋ Runes ᛅ ᛘ ᛦ The Alder Tree

The alder is the tree of the moon-influenced, earthly procreation and the seeking of life. The alder is also considered a ghost, spirit and elf tree (called to mind is the legend of *Erlkönig*, the Elfen King). Old magical formulas were often carved in alder wood. Alder is the forest tree most heavily influenced by the moon. The aura of the alder is strongly compatible with the Od radiation of the Cancer and therefore it amplifies the medial facilities of the Cancer. Often in their proximity, the Cancer is influenced to clairvoyance, especially in bright moonlit nights. The linden tree is also

subject to the moon. Through its breath it frees the Cancer or the heavily moon-influenced from dull moods and fears.

The Sign ♌ Runes ᚢ ᚱ ᛅ | The Oak Tree

The oak tree is the tree of the right, art, the Ur-law and excitement. Our ancestors cut many rune inscriptions into oak wood. The aura of the oak harmonizes with the Od radiation of the Leo. They are refreshed and empowered by it. With a strong Mars influence, the aura of the ash is still recommended.

The Sign ♍ Runes ᚴ ᛚ | The Spruce Tree

The spruce is the tree of conscious, pure generation. The aura of the spruce is compatible with Virgo. The Virgo receives a strengthening of the nerves from it. The spruce's Od cleanses the lungs and strengthens the heart. With a strong Mercury influence, the Od of the pine is also recommended.

The Sign ♎ Runes ᚴ ᛡ | The Willow Tree

The willow (*sal*-willow) is the symbol of law, wisdom, spirit (knowledge, wisdom, the knower, the knowledge secured in the *Vehm*). Therefore in higher times in front of the *Vehm* court, on the Judge's side next to the sword lay the "wid," a noose made of three willow branches, and the condemned man was taken to the nearest tree and hanged with this noose. The willow is also considered a ghost tree and a magical tree. Willow branches were used much earlier for magical purposes. The aura of the willow harmonizes with the Od of the Libra and invigorates the nerves. Sensitive Libra people can strengthen their medial facilities by being near willow trees. The aura of the willow often causes clairvoyance and clairaudience. With a strong Venus influence, the aura of the birch is also recommended.

The Sign ♏ Runes ᚠ ᚾ | The Beech Tree

The beech (boxwood) is the symbol of the high, pure knowledge of the Ur, the tree of the conscious, pure generation of race and the hallowed tree of the procreation goddess Perahta. The letter, (staff = steady procreation), beech branches were used mainly for rune risting, carving and cutting. The aura of the beech is compatible with the Od of the pure-blooded Scorpio. It strengthens, empowers, purifies and causes the development of pure, noble, conscious procreation. With a strong Mars influence, the Od radiation of ash is also recommended.

The Sign ♐ Runes ᚠ ᛁ The Maple and Chestnut Trees

The maple and the chestnut are trees of justice and symbolize the striving towards the Allfather through higher development and conscious generation of nature. These trees are under a strong Jupiter influence. Their Od radiation harmonizes with the aura of the Sagittarius. The Od of the Chestnut strengthens the lungs and the nerves. The aura of the maple results in clairvoyance and clairaudience on moonlit nights. Also, the walnut tree strengthens and influences the Sagittarius in a positive way.

The Sign ♑ Runes ✱ ᛅ ᛁ The Fir Tree

The fir is the symbol of the nobly procreating Earth Goddess, the heaven-fire procreation. But it is also the symbol of the World Tree, the Hagal-rune and rebirth. The strong, perceivable aura of the fir tree is compatible with the Od radiation of the Capricorn. The Od stimulates the nerves, lungs and heart. Aryan Capricorns who are near fir trees often become polarized by their auras toward a higher mental level. The fir strengthens the magical powers in humans.

The Sign ♒ ᛅ ᛋ ᛁ The Yew Tree

The yew is the tree of wisdom, of hidden, secret knowledge, of magic, and is considered a ghost and spirit tree. The Od radiation of the Yew tree harmonizes with the aura of the Aquarius. These people are strengthened by it and freed from bad influences. In bright moonlit nights, the yew reinforces the medial faculties in the Aquarius and causes clairvoyance, clairaudience and clairsentience. Also the aura of the hazelnut shrub is compatible with the Od of the Aquarius. The hazel tree is the symbol of the heaven-fire procreation, the holy Æsir. Therefore the wise man's staff, the wand, the dowsing stick, the walking stick, the dowsing rod and many other things were cut out of it. The Aquarius is well suited to "go with the rod," especially if they have cut the dowsing rod in a moonlit night out of hazel. The hazel tree also influences medial perceptions.

The Sign ♓ Runes ᚠ ᛁ ᛏ ᛦ The Elder Tree

The elder is the tree of Frau Holle-Hel, also Frigga, the death-goddess. It is a consecrated tree but also a ghost and phantom tree, of which many legends are told. The aura of the elder tree harmonizes with the Od radiation of the Pisces. Pisces people are strengthened by this influence and it clarifies their spiritual states. On moonlit nights the elder has an influence on spiritual experiences. I warn those who are not yet familiar enough with rune exercises about practicing magical runes in bright moonlit nights near the elder tree. The Od radiation of spruce and chestnut trees are also compatible with the aura of the Pisces.

I will also mention that it is not only cosmic influences that play a role in the radiance of the trees but also that strong spiritual forces which are as of yet mostly unexplored have an effect. I remember that up to today, so many have derided the fire, earth, water and air spirits and in my previous lives I have experienced many things and also in this life so far which I do not explain or dismiss with scientific dogmas, imaginings or reflections. For whoever strives to feel the aura of the trees more strongly, I recommend practicing the runes given here before each tree in close physical proximity. Of course, this is also dependent on the level of development of the practitioner.

Murmuring runes I come to know,
Ur-mighty, natural force I sense.
Mysterious rune-enchantment.

Simple Instructions for the Production of House Marks and Family Coats of Arms

The reader uses the rune in his horoscope that represents the ascendant or the zodiac sign of its sun position, and he can also unite both runes into a bind-rune. Example: the ascendant is Sagittarius, so that is the Is-rune. ᛁ. The sun sign of the zodiac is Libra, therefore the Hagal-rune ✱. Since the Is-rune is present in the Hagal-rune, it is enough if only the Hagal-rune is used.

Another example: the ascendant is Virgo, the Ka-rune ᚴ, and the sun sign is Scorpio, the Not-rune ᚾ, so together they make up the following picture ᛯ. It is advisable to use this bind-rune as simply as possible so that those who are familiar with the runes can read it. In the last example, it can be seen that the K- and N-runes result in the binding I-K-N-M.

Another way is for the reader to write down his surname in runes. Afterwards he will sense, while practicing those rune positions, rune by rune, and a specific rune will appeal particularly strongly to him and then he can use it in his family crest.

In the case of astrological coat of arms production, use the following colors with corresponding metals.

Sun – gold, yellow
Moon – silver, white
Mercury – mercury, purple
Venus – copper, green
Saturn – lead, black
Mars – iron, red
Jupiter – tin, blue

Meanings of the Coat of Arms Colors

Gold (yellow): Striving for spiritual perfection through conscious, pure body and spiritual procreation in the sense of the Armanendom. A family that aspires to the highest perfection through the Aryan wisdom.

Silver (white): Striving for the higher knowledge, the wisdom of Armanendom. A family that aspires to the high initiation into the wisdom of the Armanen.

Red: Striving for the true law. A family that strives for the truth through struggle. Red also means blood, fire, war and force.

Blue: Striving for pure love and conscious procreation. A family that strives for an ideal love life and chastity, and through Aryan religion they become ever more spiritualized.

Green: Hope for a better future. Strong desires. A family that lives in the hope of better times and believes in this return, but who must take on a strict discipline in their sexual life otherwise decay might occur through unconscious and lowly procreation.

Black: A life full of suffering and hindrances, difficult struggle, but inner, higher spiritualization and recognition of the Garma, which is consciously removed. A family that knows its destiny, thereby overcoming all hardship and aspiring to the highest spirituality. One can also look at the following astrological interpretation of the colors.

Meanings of the Astrological Colors

Gold (yellow) – Sun signifies kingship and rulership, distinction, appreciation, worship, leadership, fame and pride, manners. All that is influenced by the sun.

Silver (white) – Moon signifies the folk, the great mass, change, contrast, knowledge. All that is influenced by the moon.

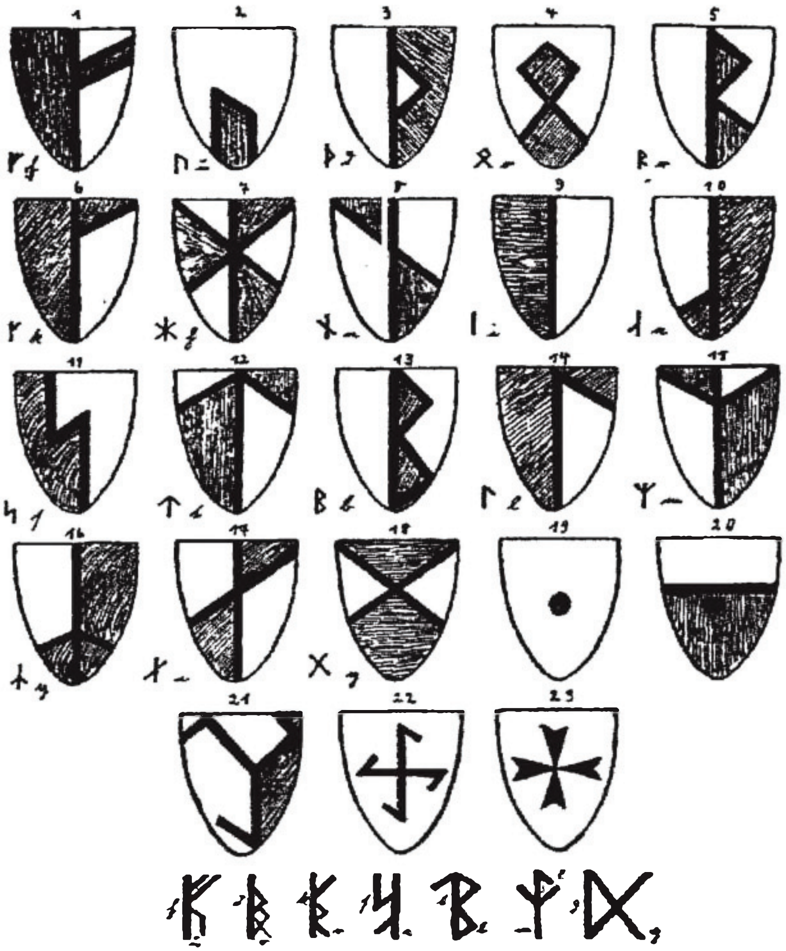
Red – Mars signifies right, law, force, violence, struggle, war, blood, fire, death. All that is influenced by Mars.

Blue – Jupiter signifies seers, prophets and priesthood, religion, wisdom, science, justice, judiciary, team, trade, change, and travel abroad. All that is influenced by Jupiter.

Green – Venus signifies love, art, beauty, hope, faith, all beautiful arts, association, union. All that is influenced by Venus.

Purple – Mercury signifies understanding, intelligence, writing and speech, commerce, trade and travel. All that is influenced by Mercury.

Black – Saturn signifies wisdom, profound knowledge, spiritualization, dematerialization, but also obstacle, inhibition, silence. All that is influenced by Saturn.



Explanation of the Coat of Arms Table

Fig. 1 f, Fa-rune ᚠ ᚠ. A family that through conscious, pure spiritual and bodily generation in the sense of Armanendom, highly develops itself and strives for sacrificial love for the Father of All the Worlds, the Allfather. People who aspire to revive the creative, cosmic and magical powers of the universe, the Ur-fire within themselves ever more strongly and thereby to reach great wisdom and purity through passing away to new arising. A family that wanders and grows mentally and physically, growing up. Fa-rune, Number 1.

Fig. 2 u, Ur-rune ᚢ. A family that believes in survival, immortality and rebirth, whose members possess strong magnetism and who are concerned with healing, magic, and the higher spiritual knowledge of the secret teachings of Armanism, striving to return to the

Allfather by continuing their higher development. They recognize themselves and thereby the world, learn to separate evil from Ur-causes. Ur-rune, Number 2.

Fig. 3 d, Dorn-rune ᚦ. A willing, active family that strives for Aryan wisdom and deals with the higher questions of life, religion and law. A lineage that fights for the truth with the greatest energy and does not fear the thorn of death because they know that it leads to a higher rebirth. Thorn-rune, Number 3.

Fig. 4 o, Othil-rune ᛟ. A pious, very religious family who realize spiritual and physical generation, strive for higher perfection, believe in the trinity and attain true spiritual nobility. Their members have good mental powers and good luck in life. Othil-rune, Number 4.

Fig. 5 r, Rit-rune ᚱ. A warrior family who for the blood and spirit concerns of the truth and justice of their race, advance with all their strength, whose members are guided only by the counsel and the law born in their breasts. They are true knights and teachers of Armanen wisdom and religion, who provide advice and support to their blood brothers and sisters. Rit-rune, Number 5.

Fig. 6 k, Ka-rune ᚴ. A bold, able-bodied family, who deal with the beautiful arts, magic and the higher mysteries and who firmly believe in the internally recognized truth, the compensatory justice. That is why they attach great importance to blood purity and conscious procreation. Their female members are of outstanding beauty and have artistic talents and spiritual abilities. Ka-rune, Number 6.

Fig. 7 h, Hagal-rune ✱. A family of leaders who are worthy of the high knowledge of the Aryan wisdom of Armanendom, who deal with the great Aryan mysteries, rune knowledge, astrology, magic, the art of breathing, etc., and whose members evolve through conscious rune practices and dancing and through pure procreation strive toward the highest perfection in a rebirth closer to God. A seer, prophet, priest and judge family. Hagal-rune, Number 7.

Fig. 8 n, Not-rune ᚾ. A lonely family who is abrading their test of hardship, their hard Garma, thereby becoming more and more spiritualized and growing beyond suffering, distress and death. Their male members have a great deal of organization and inventiveness. They can become martyrs for their blood and race concerns and thereby through the great turning point of need, can gain a higher, reborn *Ich*. Out of their female members, after overcoming hard Garmas, our future wise women and true holy counselors will emerge, who are able to banish sorrow, sickness, pain, suffering and misery.

Not-rune, Number 8.

Fig. 9 i, Is-rune ᛁ. An energetic, courageous, bold, active family with great self-restraint who achieve high, magical abilities through strict self-seeking and through conscious training in mind and body, seek

initiation into the great Aryan mystery. Its members value pure, conscious high procreation. Is-rune, Number 9.

Fig. 10 a, Ar-rune ᛅ. A noble family with a higher knowledge of God and of the spirit, who deal with the Aryan mystery, whose members gain high magical skills through strict breeding and training. Aryan initiates, forward-looking leaders, and conscious warriors emerge from this family. Ar-rune, Number 10.

Fig. 11 s, Sig-rune ᛋ. A knight and warrior family, but mainly fighting with spiritual weapons, spiritual lightning. The strength of their members lies in the victory over themselves, over all the lower instincts and passions. As a result, they achieve greater spiritual perfection and victory will always be on their side, for the spiritual *Ich* must prevail. Sig-rune, Number 11.

Fig. 12 t, Tyr-rune ᛏ. A chivalrous and priestly family which is favored by happiness and blessed by property and power. Its members attach importance to purity of blood and cultivate conscious procreation. They base themselves on the spiritual knowledge of the high Armanen wisdom of arising, being and passing away to new arising. Powerful, conscious leaders and Aryan priests emerge from this family, confident in the *Erberinnern* [inherited memory] of their rebirth, as true heroes do not fear death. Tyr-rune, Number 12.

Fig. 13 b, Bar-rune ᛒ. An abundant family that evolves through conscious spiritual and bodily procreation. Out of them emerge noble, healing, wise women, who through *Erberinnerungen* [inherited memory] of true motherhood, teach the ancient Aryan wisdom to the common people again. Bar-rune, Number 13.

Fig. 14 l, Laf-rune ᛚ. A family that cannot be dissuaded from the true, pure path of evolution toward the Allfather by failures, sorrow, pain and need. Through *Erberinnerungen* [inherited memory] their members recognize their Garma, the law of life, and grow through spiritual and bodily training into conscious initiates and blessing-bringing magicians who are committed to the conscious, high breeding of their race. Laf-rune, Number 14.

Fig. 15 m, Man-rune ᛘ. A spiritual, upstanding family that excels through spiritual and physical higher development, whose members grow through deep involvement in divine rune magic into competent, prospective conscious Aryan leaders. Man-rune, Number 15.

Fig. 16 y, Yr-rune ᛦ. A family which causes much suffering through error, confusion, falacy, delusion, hatred, anger and degeneration in love. Only through strict breeding and spiritual refinement can relief and improvement occur. An unsteady, traveling, wandering lineage that is strongly influenced by the changeable, demonic influences of the moon. Yr-rune, Number 16.

Fig. 17 e, Eh-rune ᚼ. A noble family cultivating the ideal love and pure generation of nature, whose members aspire to higher spiritualization through the union of man and woman, thereby experiencing true eternal happiness. A spiritual and material family. Eh-rune, Number 17.

Fig. 18 g; Ge-rune ᛝ. A somewhat demonic family which strives for Aryan wisdom in an ideal way of life, but whose members are easily spoiled by the foreign blood-mixing of black magic and materialism. Then the above cross turns to the low-race mark and results in the annihilation of the family. Ge-rune, Number 18.

Fig. 19 A high spiritual family of will whose members are deep mystics, Aryan initiates, wise magicians, and who possess high, spiritual abilities and quietly create the great emergence of the new Armanendom.

Fig. 20 An inspired, art-gifted family whose members are forward-looking and very medial-minded.

Fig. 21 A family that cultivates pure natural procreation, strives for higher spiritual development and believes in a refined rebirth. Its members gain higher mental abilities through conscious training of the mind, will and body. Out of this family, strong-willed spiritual warriors emerge.

Fig. 22 A family that continually moves toward higher development, spiritually perfection, and that strives for the highest knowledge of Aryan wisdom. The members have a conscious, reborn *Erberinnerungen* [inherited memory] so they are very spiritual and medially predisposed. A leader and warrior family for the emerging Armanendom.

Fig. 23 One of the highest Aryan initiate families whose members are able to penetrate the deep secrets of the runic mysteries. From this family, true initiates and leaders emerge for the new Armanendom.

The Runes of the Zodiac

Aries	♈	f, Fa-Rune	ᚠ
Taurus	♉	u, Ur-Rune	ᚢ
Gemini	♊	d, Dorn-Rune	ᚦ
Cancer	♋	o, Othil-Rune	ᛟ
Leo	♌	r, Rit-Rune	ᚱ
Virgo	♍	k, Ka-Rune	ᚴ
Libra	♎	h, Hagal-Rune	ᛡ
Scorpio	♏	n, Not-Rune	ᚾ
Capricorn	♐	i, Is-Rune	ᛁ
Sagittarius	♑	a, Ar-Rune	ᛅ
Aquarius	♒	s, Sig-Rune	ᛋ
Pisces	♓	t, Tyr-Rune	ᛏ

The b, Bar-Rune	ᛒ	Zodiac Sign	♈
The l, Laf-Rune	ᛚ	Zodiac Sign	♉
The m, Man-Rune	ᛘ	Zodiac Sign	♊
The y, Yr-Rune	ᛦ	Zodiac Sign	♋
The e, Eh-Rune	ᛂ	Zodiac Sign	♌
The g, Ge-Rune	ᛃ	Zodiac Sign	♍

Sun	☉	Rit-Rune	ᚱ (ᚢ ᛅ)
Moon	☽	Os-Rune	ᚬ (ᛘ ᛦ)
Neptune	♆	Tyr-Rune	ᛏ
Uranus	♅	Sig-Rune	ᛋ
Saturn	♄	Ar-Rune	ᛅ (ᛡ)
Jupiter	♃	Is-Rune	ᛁ (ᚠ)
Mars	♂	Fa-Rune	ᚠ (ᛒ)
Venus	♀	Hagal-Rune	ᛡ (ᚴ)
Mercury	☿	Ka-Rune	ᚴ (ᛚ)

As for the bind-runes, refer to the rune positions, in which the runes were explained in greater detail. It will be easy for the reader to find his own interpretation of the bind-runes.

"The good
will always be thought,
as long as there are stones
and runic signs."
(Stone from Värend, Sweden).

Germanic Rebirth

"Far into the future I spied. The air is clear;
The fog has cleared before my eyes.
It vibrates freely, as if playing, the sun-aar
On the North Sea coast over the waves.

And the coast glistens in white light.
Blonde men and women fulfill the land.
They raise their faces freely and joyfully;
distress and shame are now behind them.

For with fury everything was swept away,
Which came from the deceit of the lowland.
Wuotan's Gungnir, Siegfried's shining sword,
Not to say that I know what lights flamed.

And the Æsir came. Now Valhalla is shining
New as before on the Ash crown,
And no worm causes Yggdrasil to fall,
And no horn incites more to insults and sneers.

After the father won back tradition,
The Aryan man lives his own being,
From the east the bewitching breath
of the desert spirit forever taken.

Far into the Coming I spied. Firelight,
By Muspell's sons the hour is governed.
Thank you, Valfather! I look further into it,
Thousands of Yours await the joyful herald.

Thousands are waiting for Your day,
Always ready to win or to fall
For the grandchildren to thrive! To the holy Hag
I see later generations full of thanks!"

-Philipp Stauff

A Few Glimpses of my Grail Experiences

As a child I saw goblins, water sprites and ghosts.

As a boy I was influenced by hearing voices and feelings as if foreign beings were in my vicinity, in a good and often not good sense.

During World War I, I saw many deceased individuals and groups and heard their complaints. Two astral beings also informed me of the deaths of faithful comrades who had died in other posts. Many very sad, clairvoyant images came to me to see in this great genocide. Often the whole battlefield was teeming with satanic-demonic creatures of dead Negroes and Zuave bodies who had taken their blood-lust with them to the other realm and tried from there to attack soldiers.

As a serious, mature man I returned after the war.

Several times I saw and talked to my deceased mother.

Earlier *Erberinnerungen* [inherited memories] from past earthly lives already came to me ever more consciously. I often saw astral color symphonies in the great outdoors just as I also discovered color radiations in humans and animals. Often I could hear a subtle humming and a wonderful sound from delicate plants and especially from un-picked flowers.

With good star positions, I saw on a beautiful sunny day on a mountaintop after doing rune practices, a crowd of human-like spirits passing in the cosmic ether in the most wonderful astral colors.

Another time I was engaged in meditations on a plantation area in a forest thicket when suddenly my surroundings became discolored in the most beautiful, most delicate rainbow colors. I heard an unearthly organ playing and heard a subtle ringing of bells near me. On the outskirts of the forest I saw a shadowy procession of men in long cloaks pass by.

With rune exercises combined with meditations on my twin soul, I saw this in a very peculiar position before me, and in this same peculiar position I later met her by very special circumstances. Today she is my faithful life companion.

Once I also experienced suddenly seeing an old gable house with trusses in front of me clearly and in detail on a vacant site ten steps before me, which then disappeared quite suddenly. I can only explain this as a reflection.

I cannot list some other important experiences because they are related to my astral body and I have to be silent.

The rune practices have become a daily requirement for me. I practice the runes with great love and longing for the father of all spirits,

beings and worlds. I feel myself to be a receiving and transmitting station, a wonderful holy stream pulses through me, I hear radio-like voices, have the most beautiful inner experiences and see and sense events in distant places. Often I also hear foreign languages unknown to me. Images of the past or future suddenly appear in front of me and unknown landscapes, people and animals speak to me. The powers of the sky, sun and warmth stream through me, everything in me revolves and vibrates–it feels as if the body wants to dissolve completely, whereby an unspeakable soulful feeling of happiness pulsates through me.

I desire from the heart for every pure practitioner to be able to experience this high feeling within themselves. This work should help them to do that.

From the Sigrdrifumal of the Edda

Sigrdrifa[18]:

1. "I bring you beer, you tree in battle,
mixed with might and man-glory,
full of songs and soothing spells,
full of good magic and pleasing runes.

2. Cut Sig runes if you want victory;
grave them on the sword's handle,
some on the sides, others on the hilt
and call twice on Tyr. (The Rune Tyr-T).

3. Ale runes know, if the wife of another
is not to deceive you when you trust her.
On the horn scratch them and on the back of the hand
and once an N (Naud) on the nail. (The Rune Naud-N).

4. Cut wave runes if you want to save
the sail boat in the straits;
on the stern and rudder you should scratch them,
and burn them into the rudder:
then not so wild is the storm, not so black is the wave;
whole you come home from the sea.

5. Limb runes know, if you want to be a healer
and know how to heal wounds.
rist them in the bark and the twigs on the tree,
where eastward the branches turn.

6. Court runes know, if you want revenge,
to be sure of your damage.
You ensnare and you wrap them
and put them all together
at the battlefield, where men must
draw to completion at court.

18 Brunhilde calls herself the valkyrie "Sigrdrifa."

7. Cut mind runes, if you want to be wiser
than another man.
They were devised and spoken, they were cut first
by Odin, who conceived of them
out of the flood that had flowed
out of the mind of Heiddraupnir, (Mimir)
out of the mind Hoddraupnir (Mimir).

8. On the mountain he stood with a shiny sword,
with a helm on his head.
There spoke Mimir's head wisely the first word
and said true staves:

9. On the shield they stood before the protecting god,
on Arvakr's ear and Alsvithr's hoof (the sun-horse),
on the wheel that rolls under the wagon of Hrungnir's [Bane] (Thor),
on Sleipnir's teeth, on the sled reigns (of Odin's horse).

10. On the bear's paw, on Bragi's tongue,
on the claws of the wolf and the eagle's talons,
on bloody wings, on the bridge's head,
on the helper's hand and the healer's trail.

11. On gold and glass, on the happiness of men,
in wine and wort, on the whale's place,
on Gungnir's point and Grani's breast,
on the nail of the Norn and the night owl's beak.

12. Scraped off were all which had been cut,
with noble, hallowed mead
and sent on wide ways.
They are with the Æsir, with the Elves,
with the wise Vanir,
and some with men.

13. There are beech runes, there are mountain runes
these ale runes
and glorious might runes,
which they, clear and unspoiled
can act for their benefit.
Learn them and let them work,
until the gods pass away."

Bund of the Unseen Aryans

All practicing blood brothers and sisters in their developmental period are spiritually and magically connected to me, and as members of the Bund of Unseen Aryans, have the duty at any time to act as spiritual warriors for the blood concerns of our Aryan-Germanic race. On the 13th of each month at 1 PM, I perform the Hagal-rune and send out good streams. Those who wish to consciously absorb or strengthen it can practice at the same time as a receiver or sender.

After 13 minutes, willed, conscious, concentrated meditations will follow for 7 minutes which pertain to the new development of Armanendom and its heroic, true belief in God. It will be a wave of power which is sent by thousands of people throughout Germania and will create the new, pure, Germanic Greater Germany. In these 7 minute meditations, all the members of the Bund are to practice the Hagal-rune or at least willingly, consciously focus on the above mediation.

The spirit of our Father be with us.

All members of the Bund as well as all practicing blood brothers and sisters are hereby requested to send a brief account of their well-being, developmental course, experience of rune exercises and rune dance to the author every 7 weeks for further guidance.

Runenheil to all the practitioners!

The Author.

When the present work was already printed, the book *Marby-Runen-Gymnastik Doppelband 3/4, Höhenstrahlung Erdstrahlung – Eigenstrahlung* reached my hands. I very much welcome the fact that Mr. Friedreich Bernhard Marby has now submitted his findings and research into rune gymnastics to the public. I see it as a good confirmation and supplement to the present work and can make the best recommendation of Marby's Runic Gymnastics to every reader for further study.

The Rune School "Runa"

The rune school "Runa," which I founded in 1927 has combined with the summer school Bielatal Barenstein, Dresden district, the Institute for Practical Knowledge of Human Nature, for a positive cooperation, which makes it much easier for every high-striving German to visit the school.

The school is located in a beautiful, secluded area which is still untouched by civilization covering 50,000 square meters of land with water, meadows, forests, mountains and valleys. There, pure, striving blood brothers and sisters are developed along the true path to the one great God, the Allfather.

The brothers and sisters are taught Aryan wisdom, runes, astrology, etc., as well as in all occult and spiritual fields. They are also shown the way of the initiate, the wise sister, through rune exercises and dance.

The courses are held in stages as well as in the duration of semesters, vacation schools and day schools. The visitors are not bound to a regular attendance of the lessons and the lectures.

True German men stand by our side and are available as teachers and colleagues as well as experienced healers who are familiar with body gymnastics.

There are small sun huts that have been built, which can accommodate only 2 people. Regular devotions take place on Saturdays, which are also associated with the school on weekends.

The prices are set so that anyone can afford to attend the school, to mentally and physically recover, to expand their knowledge and to more intensively undertake their higher development.

Prices: a day ticket with overnight stay in the general dormitory for 1 person: RM 0.50. A day ticket for a detached house with accommodation for 1-2 persons: RM 1.50.

The use of the forest, the meadows, the bath, the sports field, the day room, the sunbathing area, the ski hill, the prayer times, the morning games and the morning gymnastics are free!

Bring your own sheets and blankets.

Interested parties should contact me in writing. Return postage is to be included.

Alaf Sig Runa!

Siegfried Adolf Kummer
Georg Richter, Founder of the Summer School
Alfred Richter, Collaborator